



# What is Blood Pressure?

A little knowledge is actually a  
great thing

# Vocabulary Party!

- Blood pressure measures the way your blood presses against the walls of your arteries.
- First, you measure the pressure on your arteries during each heartbeat. Then, you measure that pressure between each heartbeat.

# What's Normal?

A word to the wise is a start

Normal Blood Pressure	119/79 or less
Prehypertension	120/80 to 139/89
Hypertension	140/90 or more

# Quick Quiz!

- If a person has a systolic reading of 118 and a diastolic reading of 78, what is that person's blood pressure?
  - \* 78/118
  - \* 118
  - \* 118/78
  - \* 78
- True or false: High blood pressure is also called hypertension.