

Blood Pressure – What is normal?

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 80	or	less than 60
Normal	80-120	and	60-80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	or	higher than 110

Source: American Heart Association

- Your “ideal” Blood Pressure (BP) is below 120/80.
- Doctors in the UK try to treat all patients to achieve a Blood Pressure under 140/90
- And they treat patients with Diabetes to achieve a Blood Pressure of 130/80 or less.
- Newsflash: It may be better to [take your BP tablets at night](#).

[Click here to download your BP monitoring chart](#)

NICE, the national institute for clinical excellence **supports patients checking their own blood pressure**. Studies show patients **do much better when they are “in control”** of their own blood pressure rather than being (not so) blissfully unaware and letting doctors and nurses get on with it. **Thus, please purchase your own equipment as soon as you can.** [Click here for a NICE approved BP chart](#). Fill it out with your readings and **drop it to your GP**. Be aware that average readings are what counts. Occasional peaks or troughs are normal and can be influenced by a lot of things.

High Blood Pressure (BP) – 12 point Self Care Action Plan

1. Firstly, take it seriously. Blood pressure (BP) is called the “silent killer”. It is the major cause of heart attacks and strokes.
2. Secondly, invest in Blood Pressure Equipment^[1] and take control of your condition. Your average BP should be under 140/90 (140/80 for Diabetics) and ideally 120/80 or less.
3. The best information comes from measuring your BP twice a day. 2 readings each time. 2 minutes apart. Please do this for a week and take the average reading each time. Average out the 14 readings and you get a reliable average blood pressure. Let your doctor have those readings for their notes. *Find a sheet below for filling out and returning to your doctor / nurse.*
4. Ensure your BP is treated and be persistent in attending with your doctor or nurse to adjust your medications until it is as low as described above.
5. Start exercising. Cardiovascular = sweat producing exercise. Three times a week for 45 minutes or 5 times a week for 30 minutes. And you will find your BP will drop by 10-15.
6. Should your BP get too low you may need to stop a medication. This would be the case if you feel dizzy. Check your BP from time to time
7. Reduce Salt in your diet, do not use any additional salt and choose foods low in salt.
8. Try to loose weight. Slimming and a diet low in Cholesterol will further reduce your risks.
9. A Mediterranean diet is ideal. Talk to one of our nurses about a free slimming world referral.
10. Remove Hydrogenated Vegetable Oils = Trans fats from your diet. Check all the packs of any pre-prepared food you buy. It's in everything. From chocolate to Peanut butter to cakes to Pasta Sauces. Cook from fresh. Don't buy ready made products.
11. Stop smoking and drink sensibly. Help is available for both.
12. Stress is a huge risk factor for BP. Read about mindfulness. There are many books. Find the one that suits you. One that may be useful is “Mindfulness – a practical guide” Finding peace in a frantic world by Mark Williams and Danny Penman, but others are equally good and may be more useful as there are different life situations for different people. Try to eliminate stresses from your life if you can. Enjoy life more. Relax.

Dr M Kittel, 2017

Please be aware certain medications can also increase your blood pressure. They include e.g. steroids like Prednisolone or Asthma inhalers, non-steroidal anti inflammatory drugs like Ibuprofen and nasal decongestants

^[1] Arm monitors are thought to be more accurate than wrist monitors. Also ensure the cuff is not too small as your BP will read too high or too small as your BP will read too low. Your pharmacist can advise.

Consequences of High Blood Pressure



High blood pressure (HBP) can injure or kill you.
when high blood pressure is uncontrolled, it can lead to:

STROKE

HBP damages arteries that burst or clog more easily.

77% of people who have a first stroke have HBP.
HBP increases your stroke risk by four to six times.

VISION LOSS

HBP can strain the vessels in the eyes.

HEART ATTACK

HBP damages arteries that can become blocked.

69% of people who have a first heart attack have HBP.

HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.

75% of people with congestive heart failure have HBP.

KIDNEY DISEASE/FAILURE

HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.

HBP is the second-leading cause of kidney failure

ERECTILE DYSFUNCTION

HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

These conditions can happen over several years, but they can be prevented by controlling blood pressure.

Did You Know?

- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is \$46.4 billion.

For more information
heart.org/bloodpressure

Check.
Change.
Control.™

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For more information on Blood Pressure, visit <https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>