



## What is Normal Blood Pressure?



### Overview

Measuring your blood pressure is an important tool for tracking your health. If your blood pressure is too high, you're at risk for heart disease, stroke and other serious problems. When it's too low, you can have dizziness, fainting and other issues. But what is considered "normal" pressure?

### Understanding the numbers

Blood pressure is written as two numbers, one on top of the other. The top number, called the "systolic pressure," is the pressure of your blood against your artery walls when your heart beats. The bottom number, called the "diastolic pressure," is the pressure between beats. To have a normal blood pressure, your top number should be between 90 and 119. Your bottom number should be between 60 and 79. If these numbers go higher, or if they drop below the minimum, your health may suffer.

### Conclusion

If you've noticed that your blood pressure is not in the healthy range, don't ignore it. Ask your doctor what you should do to get your blood pressure under control. You may need to make lifestyle changes, like losing weight or getting more exercise. You may need to take one or more medications. Your doctor will create a plan that's right for you.