

# Do you know your blood pressure?

First  
N<sup>o</sup>  
Second  
N<sup>o</sup>  
mmHg\*

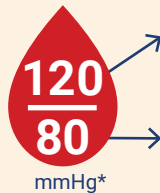
Blood Pressure:

## What do the numbers mean?



Blood pressure (BP) is the force needed to move blood all around your body. This pressure varies across the day and night, with different activities, and from one day to another.

Your doctor can check your BP and calculate your risk of developing heart problems.



BP is measured as two numbers - e.g. 120/80 mmHg\*

**120 mmHg\***

The first number is the pressure in your blood vessels (arteries) when your heart pumps.

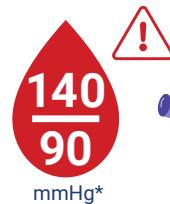
**80 mmHg\***

The second number is the pressure in your blood vessels when your heart relaxes.

If your BP is measured at the doctor's clinic as 140/90 or more on a few occasions, this may indicate high blood pressure.

If you have high blood pressure, also known as hypertension, it's important to follow your doctors advice to help avoid complications such as heart attacks and strokes.

\*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.



For more information google 'High Blood Pressure Servier'.

Servier Laboratories (Aust.) Pty. Ltd. Burnley VIC 3121.

Material prepared May 2023. 104728.

**SERVIER**  
moved by you

  
**Hypertension  
Australia**