

# Your blood pressure

Blood pressure is the pressure of blood within the arteries of the body. Blood pressure is the driving force that causes blood to flow through the body from the arteries (where the pressure is high), through organs, and into the veins (where the pressure is low).

Blood pressure is generated by the pumping of blood by the heart into the arteries as well as by the resistance to the flow of blood by the arteries.

## HOW BLOOD PRESSURE IS MEASURED

Blood pressure is measured by wrapping an inflatable pressure bag around the upper arm. When blood pressure is taken, both the higher reading – when the heart pumps (systolic pressure) and the lower reading – when the heart relaxes (diastolic pressure) are recorded.

**High blood pressure** is one of the main risk factors for heart attack. It rarely gives warning signs and can strike at any time. High Blood pressure can overload the heart and blood vessels and speed up artery clogging.

**This can lead to heart attack, stroke, heart failure and kidney failure.**

**Low blood pressure** is when the flow of blood is too low to deliver enough oxygen and nutrients to vital organs such as the brain, heart, and kidney; the organs do not function normally and may be permanently damaged.

You need to know your blood pressure level and what it means for your wellbeing and the health of your heart.

**A blood pressure reading of less than 140/90 is within healthy limits**

If you have either a low or high blood pressure reading we recommend that you visit your GP. Your GP may then refer you to a Cardiologist. You can ask to be referred to a Cardiac Specialist at St George Private Hospital.

St George Private Hospital is one of the largest Private Hospitals in Sydney. St George Private has a strong reputation for providing an exceptional standard of clinical excellence across a broad range of services – in particular Cardiac Services!



ST GEORGE PRIVATE  
HOSPITAL