

General information on blood pressure

The human heart beats approx. 60 to 80 times per minute. This causes blood to be pumped into the arterial vascular system and supplies the body with oxygen and necessary nutrients. A constant pressure known as blood pressure is required to enable the blood to flow into the smallest of blood vessels. In measuring blood pressure, two values are determined. The systolic value is the maximum pressure as the heart beats. The diastolic value is the minimum pressure between two heartbeats. Blood pressure is expressed as, e.g. 120/80 in millimeters of a mercury column (mmHg). Blood pressure changes constantly in each individual and thus creates the requirements necessary for the functional capacity of the body. Thus fluctuations in blood pressure are perfectly normal. However, if blood pressure values are constantly elevated at rest, hypertension or high blood pressure is present.

The World Health Organization (WHO) has set out the following limit values:

Assessment	Systolic pressure	Diastolic pressure
Optimal up to	120 mmHg	up to 80 mmHg
Normal up to	130 mmHg	up to 85 mmHg
Normal limit values	130 – 139 mmHg	85 – 89 mmHg
Grade 1 hypertension	140 – 159 mmHg	90 – 99 mmHg
Grade 2 hypertension	160 – 179 mmHg	100 – 109 mmHg
Grade 3 hypertension over	180 mmHg over	110 mmHg

High blood pressure is one of the most common causes of disability and death. Yet many people do not know they are suffering from high blood pressure. This is because the problem is only noticed when the conditions it leads to are at an advanced stage. These may be life threatening, such as heart attack, stroke or kidney failure. Only regular blood pressure monitoring enables high blood pressure to be detected early.

You have chosen blood pressure self-measurement and this will contribute to your health care.

This is the only way to ensure efficient protection against the dangerous results which may affect your heart and circulation.