

Blood Pressure (BP)

$$\text{BP} = \text{SBP}/\text{DBP}$$

- **Systolic Blood Pressure** (top number) is the pressure exerted when the heart fully contracts; Arteries take blood with oxygen and nutrients from heart to cells
- **Diastolic Blood Pressure** (bottom number) is the pressure generated when the heart relaxes; Veins return waste products such as carbon dioxide and acids.



Know Your Blood Pressure Numbers

	Unhealthy	Improving	Achieving Excellence
Systolic	Greater than 140	Between 120 - 140	Less than 120
Diastolic	Greater than 90	Between 80 - 90	Less than 80

- Scott Conard, M.D. *The Seven Numbers*