

DIABETES

Monitoring blood pressure

Your blood pressure is measured by your health care team.

Blood pressure is really 2 measures

- **Systolic blood pressure**—the pressure in your arteries when your heart pumps out blood.
- **Diastolic blood pressure**—the pressure in your arteries when your heart relaxes between beats.

Blood Pressure

Systolic blood pressure → **130**
Diastolic blood pressure → **80**
mmHg



You should have your blood pressure measured every time you visit your health care team.

Ask your health care team how often you should visit them to have your blood pressure checked.

Provided as an educational resource by Merck

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Lowering your blood pressure even a little will lower your chance of heart attack and stroke.



Regular physical activity can lower your blood pressure, blood sugar, and cholesterol.

