

# Basics of Hypertension

## What is Blood Pressure?

The heart pumps blood throughout the body, and the blood puts pressure on the artery walls. Arteries carry blood away from the heart and throughout the rest of the body. Throughout the day, one's blood pressure naturally rises and falls.

## What is Hypertension?

Also known as "high blood pressure", is a consistent elevated blood pressure reading. Hypertension can lead to elevated risk for other health conditions. With typically no warning signs, the best way to detect hypertension is by monitoring blood pressure levels.

## What do the Numbers Mean?

According to:  
\*ACC Guidelines

Normal	<120 mmHg <80 mmHg
At Risk (Prehypertension)	120-129 mmHg <80 mmHg
High Blood Pressure (Hypertension)	130 mmHg or higher 80 mmHg or higher