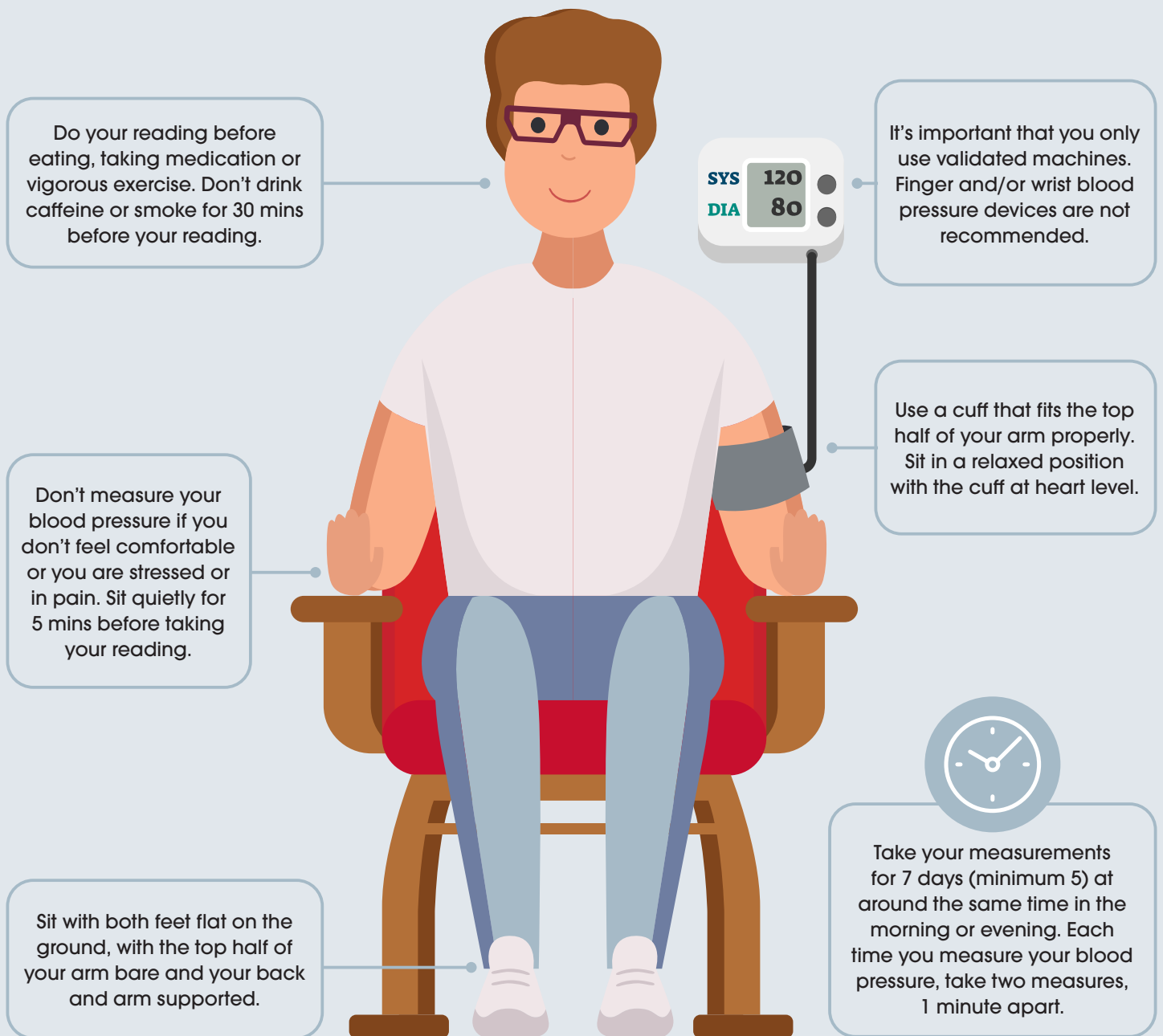


Checking your blood pressure at home



Record each measurement in a paper diary or spreadsheet that you can take to your next doctor's appointment.

Top number (systolic) mmHg	Bottom number (diastolic) mmHg	Meaning
≤ 120	≤ 80	Normal
121 - 139	81-89	High-normal
≥ 140	≥ 90	High blood pressure

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