Understand Your Blood Pressure (BP)
SYSTOLIC: *Maximum pressure in blood vessels when heart beats.*
DIASTOLIC: *Minimum pressure in blood vessels when heart releases between beats.*

Systolic and diastolic pressures are expressed as follows: 139/89 (example)

BP follows a natural daily rhythm, rising and falling throughout the day and night.

Help Control Your Blood Pressure

- Take your medication as your health care provider directs.
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MEDDAC (Ft Meade) Form 749, 1 Aug 02

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BLOOD PRESSURE READINGS

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