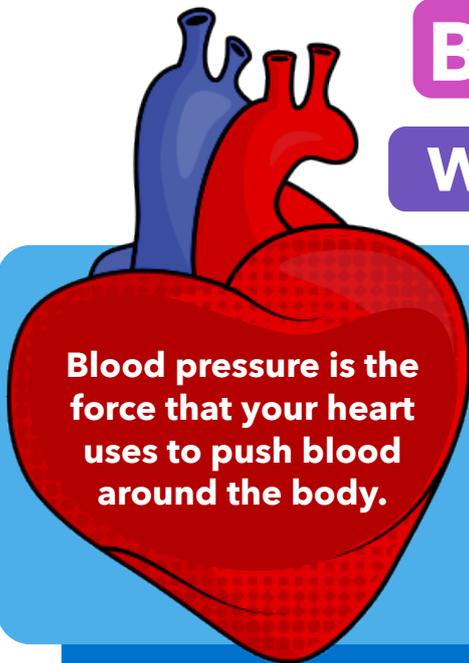# Blood Pressure

Why is it important?

Blood pressure is the force that your heart uses to push blood around the body.

It is measured using two numbers, you will hear it mentioned as one number over another. The first number is the most amount of pressure your heart uses to push the blood around your body. The second number is the least amount of pressure your heart uses when it is relaxed between beats.

An ideal blood pressure is considered to be between 90 over 60 and 120 over 80. High blood pressure is considered to be 140 over 90 or higher. If you have high blood pressure you'll need treatment to bring it down.

High blood pressure can damage blood vessels and make it harder for blood to move around the body. This then puts you at risk of all the complications of diabetes.

When there is too much glucose in your blood, your blood cells start to get sticky. They stick together and stick to the walls of your blood vessels. This clogs up the bloodstream, meaning your heart needs to pump harder to push the blood through.
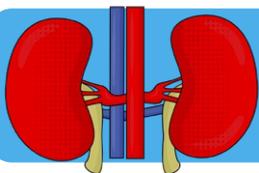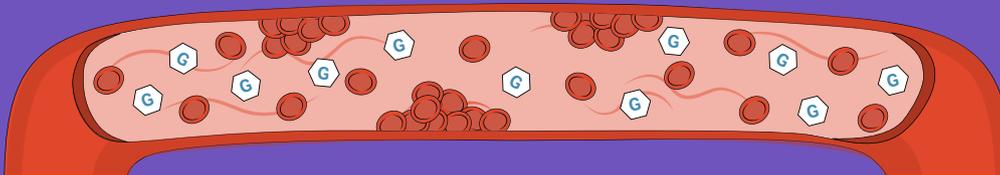
If glucose levels remain high the vessels can become damaged and this prevents the blood from flowing to the places that really need it like the heart and the kidneys.
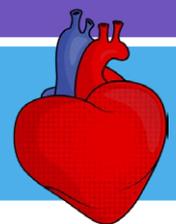
Top Tips for Keeping Blood Pressure Low

To keep your blood pressure low it is good to:

Try to keep glucose levels in range as often as possible.

Keep active.

Limit caffeine.

Try healthy ways of coping with stress.

Eat a healthy balanced diet and reduce salt intake.

NHS