

WHAT DO MY BLOOD PRESSURE NUMBERS MEAN?

Contact your healthcare provider to have an individualized reading

Blood pressure is measured with two numbers: **systolic** is the pressure in your blood vessels when the heart beats, and **diastolic** is the pressure in your blood vessels when the heart is resting between beats.[3]

120 → Systolic
80 → Diastolic

Low Blood Pressure (Hypotension): 90/60 mmHg or lower[3]

Standard Blood Pressure : 120/80 mmHg[3]

High Blood Pressure (Hypertension): 140/90 mmHg or higher[3]



[3] Lewis, S. L., Dirksen, S. R., Heitkemper, M. M., Bucher, L., & Harding, M. M. (2019). Medical-surgical nursing in Canada (4th Canadian ed.). Elsevier Canada

DID YOU KNOW...

Black adults are about 2 times more likely to develop high blood pressure compared to White adults[2].

In Canada, over 40% of Black individuals aged 20+ live with hypertension [2]. With early health screening and lifestyle modifications, the risk of complications with heart disease can be reduced enormously[1].



HYPERTENSION & BLACK COMMUNITIES

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THIS BROCHURE IS FOR INFORMATIONAL PURPOSES ONLY
AND SHOULD NOT REPLACE PROFESSIONAL MEDICAL
ADVICE. CONSULT A HEALTHCARE PROVIDER FOR
PERSONALIZED GUIDANCE ON BLOOD PRESSURE
MANAGEMENT.

[1] Statistics Canada. (2019, February 20). Risk factors for hypertension in Canada. Government of Canada.
<https://www150.statcan.gc.ca/n1/pub/82-003-x/2019002/article/00001-eng.htm>
[2] Veenstra, G. (2012). Expressed racial identity and hypertension in a telephone survey sample from Toronto and Vancouver, Canada. International Journal for Equity in Health, 11, 58.
<https://equityhealth.biomedcentral.com/articles/10.1186/1475-2876-11-58>

WHAT IS HYPOTENSION?

Hypotension, or low blood pressure, occurs when the force of blood against the walls of arteries is too low, usually it is below 90/60 mmHg. This can result in a lack of blood flow to vital organs like the brain, heart and kidneys. [5]

SIGNS AND SYMPTOMS OF HYPOTENSION

Common signs and symptoms of hypotension include:[4]

- Dizziness
- Fainting
- Blurred vision
- Nausea
- Cold, clammy skin
- Fatigue or weakness
- Shock (in severe cases)



WHAT IS HYPERTENSION?

Hypertension, or high blood pressure, occurs when your blood pressure stays at 140/90 mmHg or higher. This puts extra stress on your heart and blood vessels. It is often called the 'silent killer' because it may not cause noticeable symptoms but can lead to serious health complications.[5]

SIGNS AND SYMPTOMS OF HYPERTENSION

Some common signs and symptoms include [4]:

- Headaches (especially in the morning)
- Dizziness
- Blurred vision
- Chest pain
- Shortness of breath
- Fatigue (lack of energy despite resting)

Complications if left untreated

- Heart attack/Stroke
- Kidney disease
- Vision loss



STAY ACTIVE, STAY HEALTHY!

Consult with your doctor to make an individualized plan that is right for you.

Some ways to maintain a healthy lifestyle and decrease your risk for heart disease[5]:

1. Healthy Diet: Eat a balanced diet rich in fruits, vegetables, and whole grains
2. Exercise Regularly: Engage in 30-45 minutes of moderate activity at least 4-7 days per week
3. Maintain Healthy Weight: Keep a healthy weight that is appropriate for your body type, in order to reduce the risk of high blood pressure
4. Check your blood pressure regularly
5. Manage Stress: Try relaxation techniques like deep breathing, meditation, or yoga to help you relax
6. Address underlying health conditions and consult with your healthcare provider to address concerns



[4]Medical News Today. (2025). Hypertension vs. hypotension: What's the difference? <https://www.medicalnewstoday.com/articles/hypertension-vs-hypotension>

[5]]Heart and Stroke Foundation of Canada. (2021). High blood pressure. Heart & Stroke Canada <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/high-blood-pressure>