

# BLOOD PRESSURE SCREENING

## **What is high blood pressure?**

Blood pressure, or hypertension, is the amount of pressure or force of blood against the walls of your blood vessels. Normal blood pressure is below 120/80. The top number represents the pressure when your heart contracts and pushes blood out (systolic) and the bottom number is the lowest pressure when the heart relaxes between beats (diastolic).

Untreated, high blood pressure can cause the heart to increase its size and strength to overcome the added pressure. It can also cause blood vessels in the brain to burst, resulting in a stroke.

## **How often should I get my blood pressure checked?**

The average person with no indications of hypertension should have their blood pressure checked at least once every two years. If you have been told you have high-normal blood pressure, it is recommended that you have your blood pressure checked at least once a year.

## **Where can I get my blood pressure checked?**

The Town of Palm Beach Fire Rescue Department provides free blood pressure screening at all fire stations in the Town of Palm Beach, seven days a week. No appointments are necessary, just drop by the fire station nearest you.