

# Advice on Interpreting Your Blood Pressure Readings

Dear [Recipient's Name],

I hope this letter finds you well. I understand you have some questions regarding your recent blood pressure readings, and I would like to provide you with some information to help you interpret them correctly.

## Understanding Blood Pressure Readings

Blood pressure is recorded with two numbers:

- **Systolic (the top number):** This measures the pressure in your arteries when your heart beats.
- **Diastolic (the bottom number):** This measures the pressure in your arteries when your heart rests between beats.

## Categories of Blood Pressure

According to the American Heart Association, blood pressure readings fall into the following categories:

- **Normal:** Systolic
- **Elevated:** Systolic 120-129 mm Hg and Diastolic
- **Hypertension Stage 1:** Systolic 130-139 mm Hg or Diastolic 80-89 mm Hg
- **Hypertension Stage 2:** Systolic  $\geq 140$  mm Hg or Diastolic  $\geq 90$  mm Hg
- **Hypertensive Crisis:** Systolic  $> 180$  mm Hg and/or Diastolic  $> 120$  mm Hg

## What to Do Next

If your readings indicate elevated blood pressure or hypertension, I recommend scheduling an appointment with your healthcare provider to discuss potential management strategies.

Always remember to monitor your blood pressure regularly and maintain a healthy lifestyle to help manage your readings.

Take care, and don't hesitate to reach out if you have further questions.

Sincerely,  
[Your Name]  
[Your Title/Position]