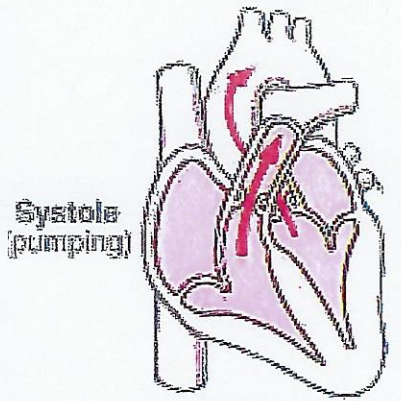


BP = systolic/diastolic

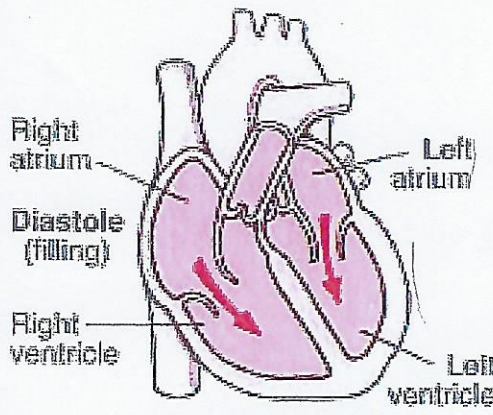


The ventricles pump out about 60% of the blood.

Systolic BP

Systole occurs during the contraction and emptying of the heart

This is a measure of how hard your heart has to work to get blood to your toes (and everywhere else). Generally if this number is above 120 your heart is working too hard.



The ventricles fill normally with blood.

Diastolic BP

Diastole occurs during the relaxation and filling of the heart

This is a measure of how much your heart muscle relaxes between beats. It is important for the heart to relax to expand the chambers so blood can flow into them to be pumped. Generally if this number is above 80 your heart muscle is not relaxing enough to efficiently circulate blood.

