

Blood Pressure and Your Health

What is blood pressure?

Blood pressure is the force of blood moving through your arteries. Arteries are the blood vessels that carry blood from your heart to the rest of your body.

What do blood pressure numbers measure?

Blood pressure is measured with 2 numbers.

What is a "good" blood pressure reading?

Blood pressure lower than or equal to 120/80 is ideal.

For people with diabetes or kidney disease, blood pressure lower than 130/80 is good. Lower than 120/80 is ideal.

What is high blood pressure?

High blood pressure is when your blood pressure is usually higher than it should be. It is also called hypertension. It's like a car tire with too much air in it. If the tire pressure is not lowered, there is risk for tire damage. If your high blood pressure is not lowered, there is risk for damage to your eyes, brain, heart, blood vessels, and kidneys.

Everyday Steps For Healthy Blood Pressure

1. Follow a healthy eating plan.
2. Get to and stay at a healthy weight.
3. Eat less salt.
4. Exercise.
5. Stop Smoking



120

80

The top number measures the force of blood in your arteries when your heart contracts (beats). This is called systolic (sis-TA-lik) pressure.

The bottom number measures the force of blood in your arteries while your heart is relaxed (filling with blood between beats). This is called diastolic (die-a-STAH-lik) pressure.



Dr. Rajesh Boorgu joined Shoals Kidney & HTN Center in 2000 after completing his Nephrology Fellowship training at Loyola University Medical Center in Maywood, IL. He is Board Certified in Internal Medicine and Nephrology and recognized as a Specialist in Clinical Hypertension by the American Society of Hypertension, Inc.

Dr. Boorgu has active privileges at Helen Keller Hospital, ECM & Shoals Hospitals as well as DaVita Dialysis and serves as the Laboratory Medical Director at Shoals Kidney & HTN Center. He also serves as Medical Director of DaVita Dialysis in Russellville and the Acute Dialysis Program at ECM & Shoals Hospitals.



Rajesh Boorgu MD FASN



422 East Dr Hicks Blvd. Suite A, Florence
256-766-1401 shoalskidney@comcast.net
ShoalsKidneyCenter.com

