

BLOOD PRESSURE & BMI

This information is provided for informational purposes only and is not intended to diagnosis, treat, cure, or prevent disease. Abnormal test values falling outside the Normal Range will be printed in bold and noted in the “Flag” column. Abnormal values should be reviewed by your primary physician and a copy of all testing should be included in your medical record for future reference and comparison.

Blood pressure - is a measurement of the force your blood exerts on blood vessel walls as it travels through your body. Your blood pressure reading is expressed with two numbers - for example, 110/70. The first number, known as systolic blood pressure, is a measurement of the force your blood exerts on blood vessel walls as your heart pumps. The second number, known as diastolic blood pressure, is a measurement of the force your blood exerts on blood vessel walls when your heart is at rest between beats.

Normal blood pressure is below 120/80. If you're an adult and your blood pressure is 140/90 or higher, you have high blood pressure and should follow up with your personal physician. High blood pressure is one of the most common causes of stroke because it puts unnecessary stress on blood vessel walls, causing them to thicken and deteriorate, which can eventually lead to a stroke. It can also speed up several common forms of heart disease.

Doctors have long called high blood pressure “the silent killer” because you can have high blood pressure and never have any symptoms. If left untreated, high blood pressure can lead to life-threatening medical problems such as stroke, heart attack or kidney failure.

According to the American Heart Association, high blood pressure can occur in children or adults, but it's more common among people over age 35. It's particularly prevalent in African-Americans, middle-aged and elderly people, obese people, heavy drinkers and women who are taking birth control pills. It may run in families, but many people with a strong family history of high blood pressure never have it. People with diabetes mellitus, gout or kidney disease are more likely to have high blood pressure.

Body Mass Index (BMI) – Body Mass Index (BMI) is a number calculated from your weight and height and is a reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing. BMI is an inexpensive method of screening for weight categories that may lead to health problems. For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women. The standard weight status categories associated with BMI ranges for adults are shown in the following table.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese