



What is blood pressure?

Blood pressure is how hard your blood is pushing on your blood vessel walls. If it gets too high, it causes damage over time.



What Changes Blood Pressure?



Your Blood Vessels

These are the tubes your blood travels in. The ones taking blood from your heart to the rest of your body are called **arteries**.

- Your arteries can get narrower to keep your blood pressure high enough
- Your arteries can get wider to send blood to certain parts of the body



Your Heart

- It can pump more blood to raise blood pressure
- Blood pressure is lower if it pumps less blood



The Amount of Fluid in Your Body

- Too little fluid can lower blood pressure
 - For example: throwing up a lot and not drinking water
- Too much fluid can raise blood pressure
 - This happens because of:
 - Eating too much salt
 - Some medicines
 - Problems with your heart