3.8: III Glossary

**Diastole**: The phase between each contraction of the heart when the ventricles are filling with blood.

**Diastolic blood pressure**: The resting pressure of blood on the arteries between each cardiac contraction.

**Hypertension**: Elevated blood pressure over 130/80 mmHg in an adult.

**Hypotension**: Decreased blood pressure less than 90/60 mmHg in an adult.

**Korotkoff sounds**: The audible sounds of blood pressure named after Dr. Korotkoff who discovered them.

**Orthostatic hypotension**: A decrease in blood pressure by at least 20 mmHg systolic or 10 mmHg diastolic within three minutes of standing from a seated or lying position.

**Sphygmomanometer**: A device used to measure blood pressure and is commonly referred to as a blood pressure cuff.

**Systole**: The phase of the heartbeat when the left ventricle contracts and pumps blood into the arteries.

**Systolic blood pressure**: The maximum pressure of blood on the arteries during the contraction of the left ventricle of the heart referred to as systole.