

# SYSTOLIC

*Meaning: SYSTOLIC refers to the phase of the heartbeat when the heart muscle contracts and pumps blood into the arteries, often measured as systolic blood pressure.*

1. The systolic pressure is the force exerted by the heart as it pumps blood into the arteries.
2. Monitoring systolic blood pressure is crucial for assessing cardiovascular health.
3. A normal systolic reading typically ranges from 90 to 120 millimeters of mercury.
4. Elevated systolic levels can indicate an increased risk of heart disease and stroke.
5. Doctors often focus on both systolic and diastolic measurements when evaluating a patient's blood pressure.

---

*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/systolic>*