

## **Elevated Blood Pressure**

Today's Average Reading: \_\_\_\_\_\_

# **Blood Pressure Categories**



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediαtely)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org.bplevels

Follow Up Appointment:		 
Changes in Medications (if any):	 	

### **Risk Factors**

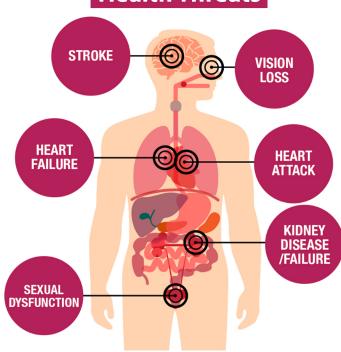
#### Risk Factors you can control:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

#### Risk Factors you often can't control:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- · More common in males
- Chronic kidney disease
- · Obstructive sleep apnea

## **Health Threats**





### **My Blood Pressure Log**

lame:	
1y Blood Pressure Goal:	 mm Hg

#### Instructions:

- · Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- · Record your blood pressure on this sheet and show it to your doctor at every visit.

DATE	AM	PM

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### **Resources:**

The American Heart Association recommends an automatic, cuff-style, bicep (upper-arm) monitor. A validated machine is the Omron 3 Series (validatebp.org).

Amazon (\$33), Walgreens (\$60), Walmart (\$33),
Target (\$33), Office Depot (\$36) \*\*prices may vary

### References and further education provided at:

www.heart.org/en/health-topics/high-blood-pressure

