

High Blood Pressure

How Am I Doing?



Blood Pressure Goals

Systolic (upper number) 129 or less
Diastolic (lower number) 79 or less

My Blood Pressure

Today's date _____
Systolic (upper number) _____
Diastolic (lower number) _____

180
170
160
150
140
129
120
110
100
90
79
70
60

High blood pressure may affect you:

- ✓ Kidneys - increases your risk of kidney failure and need for dialysis
- ✓ Heart - increases your risk of heart attacks and heart failure
- ✓ Brain - increases your risk of strokes

Keeping your blood pressure under control will keep you healthy and prevent complications

Lifestyle Modifications Chart

Modification	Recommendation	My Personal Goals
Weight reduction	Maintain normal body weight (body mass index 18.5 - 24.9 kg/m2)	
Adopt DASH* eating plan	Consume a diet rich in fruits, vegetables, and lowfat dairy products with a reduced content of saturated total fat	
Dietary sodium reduction	Reduce dietary sodium intake to no more than 2.4 g sodium or 6 g sodium chloride a day. If patient ≥ 51 years old, recommendation is no more than 1.5 g sodium per day.	
Dietary increase in potassium	Discuss with your physician to determine if consumption of a diet rich in potassium is right for you.	
Physical activity	Engage in regular aerobic physical activity such as brisk walking (at least 30 minutes per day, most days of the week which may be broken into shorter time intervals such as 10 minutes each of moderate or vigorous effort)	
Smoking cessation	Complete smoking cessation is recommended. Discuss nicotine replacement products with your physician.	
Moderation of alcohol consumption	Limit consumption to no more than two drinks (e.g. 24 oz. beer, 10 oz. wine, or 3 oz. 80-proof whiskey) per day in most men, and to no more than one drink per day in women and lighter weight persons	

*DASH—Dietary Approaches to Stop Hypertension

It's important to check and record your numbers.



Before taking your blood pressure:

- Avoid smoking, caffeine, or exercise for 30 minutes.
- Sit down and relax for at least 5 minutes.
- Use a properly sized cuff. A cuff that fits incorrectly may also give a measure that is not true.

How to take your blood pressure:

- Sit down with both feet flat on the floor and your back up against a chair.
- Wrap the blood pressure monitor cuff above your elbow.
- Rest your arm on a table. Your upper arm should be at heart level.
- Don't talk while you take your blood pressure.
- Follow the instructions that came with your monitor.
- Take you blook pressure twice and write down the results of the second reading.

Blood Pressure Tracking Log

Date	AM Reading	PM Reading	Comments

Share your results with your doctor at your next appointment

