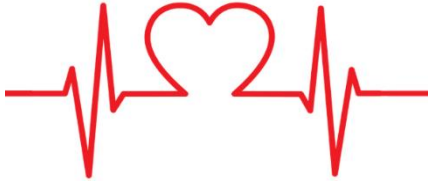
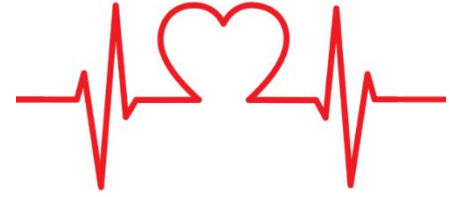


# Self-Measured Blood Pressure



## Monitoring



Provided by: Dr. Olga Duchicela

### What is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. If the blood pressure is higher than normal you may have a medical condition called hypertension. The instrument to measure the blood pressure is a blood pressure cuff. You can purchase a blood pressure cuff at a pharmacy or other retail stores, such as Wal-Mart or CVS. Check with your doctor for the names of recommended blood pressure cuffs.

The top number	Systolic	120
The bottom number	Diastolic	80
The Pulse	80	

A simple **blood pressure check** is the first step to preventing the “domino effect.”

### Consequences of High Blood Pressure

- ✚ {Stroke} – High blood pressure can cause blood vessels in the brain to burst or clog more easily.
- ✚ {Heart Failure} – High blood pressure can cause the heart to enlarge & fail to supply blood to the body.
- ✚ {Kidney Disease/Failure} – High blood pressure can damage the arteries around the kidneys & interfere with their ability to effectively filter blood.

{These are just a few examples. High blood pressure usually has no signs or symptoms and can be managed.}

### Monitoring Your Blood Pressure at Home – Accurately

- ♥ You will first want to start with a blood pressure cuff that fits around your arm. Only upper arm (not wrist) monitors provide reliable measures.
- ♥ Place the cuff 1 inch above the crease of your arm and sit in a chair with a supported back (not the couch). Set your feet flat, relax, and no talking.
- ♥ With your automated device, press the start button to obtain a digital reading.

We request that you measure & record your blood pressure every morning & evening for seven (7) consecutive days. (With a minimum of three (3) days of consecutive blood pressure readings) At each measurement, two (2) blood pressures need to be obtained one minute apart.

You may return the log to the clinic & once Dr. Olga Duchicela reviews the readings, an assistant may call you to follow up. If you are out of town, you may mail them to the clinic. Please feel free to call us if you have any questions.



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