



## My Blood Pressure

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1<sup>st</sup> reading \_\_\_\_\_ 2<sup>nd</sup> reading \_\_\_\_\_ Date \_\_\_\_\_

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Blood pressure is typically recorded as two numbers:

**Systolic**-The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

**Diastolic**-The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

This blood pressure chart reflects categories defined by the American Heart Association.

<u>Range</u>	<u>Category</u>	<u>Action Needed</u>
<u>Below 120/80</u>	<u>Normal</u>	<u>Recheck in 2 years</u>
<u>120-139/80-89</u>	<u>Prehypertension</u>	<u>Recheck in 1 year</u>
<u>140-159/90-99</u>	<u>Stage I Hypertension</u>	<u>Follow-up within 2 months</u>
<u>&gt;160/&gt;100</u>	<u>Stage II Hypertension</u>	<u>Follow-up within 1 week</u>
<u>180+ / 110+</u>	<u>Severe Hypertension</u>	<u>Immediate follow-up care</u>

If your blood pressure reading is higher than normal, your doctor may take Several readings over time and/or have you monitor your blood pressure at home before diagnosing you with high blood pressure. **A single high reading does not necessarily mean that you have high blood pressure.** However, if readings stay at 140/90 mm Hg or above (systolic 140 or above OR diastolic 90 or above) over time, your doctor will likely want you to begin a treatment plan. For more information, please visit the American Heart Association's Website at:

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp)

If you have any questions, please call **Panhandle Public Health District 308-262-2217**