



BLOOD PRESSURE LOG

NAME: _____

DATE	TIME AM	BLOOD PRESSURE		TIME PM	BLOOD PRESSURE	
		1 st Reading	2 nd Reading (2 minutes later)		1 st Reading	2 nd Reading (2 minutes later)

BP log may be brought to your next appointment, faxed to 713-799-2121, or emailed to bloodpressure@youniscardiology.com



Blood Pressure

	<u>Systolic mmHg (Top #)</u>		<u>Diastolic mmHg (Bottom #)</u>
Normal BP	<120	and	<80
Elevated	120-129	and	<80
Hypertension Stage I	130-139	or	80-90
Hypertension Stage 2	>140	or	>90
Hypertensive Crisis	>180	or	>120

Prevention and treatment:

- DIET: DASH diet, Mediterranean diet, south beach diet
- SALT: Lower salt intake! Read labels on foods you buy.
- WEIGHT: Maintain healthy weight, no diet 'pills'
- ALCOHOL: Limit intake as much as possible.
- SMOKING: Stop
- CAFFEINE: Moderate intake
- EXERCISE: Regularly 30-40 mins 4x/week
- CHOLESTEROL: needs to be monitored due to increased risk of heart disease
- MEDICATIONS: Chosen in conjunction with your doctor
- RESOURCES: • www.nhlbi.nih.gov • <http://www.uptodate.com/patients/index.html>

How to take your BP:

- No coffee or tobacco or exercise for at least 30 minutes before taking BP
- Empty bladder (full bladder raises BP)
- Sit with back supported and feet on floor for 5 minutes before taking BP
- Arm should be relaxed and at the heart level on a table or armrest
- Measure with short sleeves or sleeveless shirt
- Relax – if BP is unusually elevated, wait 1-2hr and repeat measurement
- **Always take 2 readings, 2-5 minutes apart, and record both in log**
- **Record your BP twice per day (once in AM, once in PM) unless otherwise directed**

Which machine?

- An automatic, inflation cuff with digital readout. Arm cuffs are better than wrist cuffs.

Suggestions:

- Post log sheet in a convenient, visible place (refrigerator, bedroom, bathroom)
- **Online** option: <http://www.bplog.com/>
- **Smartphone** option: Many options in app store for iPhone and Android platform
- Create your own routine, a comfortable "BP Station" with everything in reach
- If you question your cuff's accuracy, bring it in so we can check it

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