|  |  |
| --- | --- |
|  | BLOOD PRESSURE LOG |

Page \_\_\_ of \_\_\_

|  |  |
| --- | --- |
| NAME: |  |

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

Blood Pressure

Systolic mmHg (**Top** #) Diastolic mmHg (**Bottom** #)

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.
* Good options are the **Beurer BM55**, **Qardio Arm,** and **Omron** cuffs – check on Amazon.

Suggestions:

* Post log sheet in a convenient, visible place (refrigerator, bedroom, bathroom)
* 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

|  |  |
| --- | --- |
| A picture containing object  Description automatically generated | Check out our blood pressure App!  Keep your BP record on your phone and email it to us.  Younis Cardiology app is available on the Apple iOS and Android App Store |