



# BLOOD PRESSURE LOG

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NAME: \_\_\_\_\_

DATE	TIME AM	BLOOD PRESSURE		TIME PM	BLOOD PRESSURE	
		1 <sup>st</sup> Reading	2 <sup>nd</sup> Reading (2 minutes later)		1 <sup>st</sup> Reading	2 <sup>nd</sup> Reading (2 minutes later)

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



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

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