



**TEXAS**  
Health and Human  
Services

**Texas Department of State  
Health Services**



# **MY BLOOD PRESSURE PASSPORT**



Presented by the  
Texas Heart Disease  
and Stroke Program  
and Health Promotion  
and Chronic Disease  
Prevention Section



## **Why should I take my blood pressure at home?**

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**Home blood pressure monitoring can help you control your blood pressure.**

**My Blood Pressure Goal  
is**

**\_\_\_\_\_ / \_\_\_\_\_  
Example: 125/75**

## How do I take my blood pressure at home?

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- Rest 5 minutes before taking your blood pressure.
- Don't smoke or drink caffeine for at least 30 minutes before.
- Take your blood pressure before (not after) you eat.
- Sit comfortably with your back supported and both feet on the floor. Don't cross your legs or ankles.
- Lift your arm to heart level on a table or a desk.
- The best blood pressure cuff for you should fit smoothly and snugly around your arm. There should be enough room to slip a fingertip under the cuff.
- Take 2 or 3 measurements in the morning and 2 or 3 measurements at night, for a total of between 4 and 6 measurements.



# What does my blood pressure reading mean?

Call your health care provider if your blood pressure is too high or too low. When blood pressure reaches a level that is too high (180/110 or higher), it is called a hypertensive emergency or crisis. Blood pressure at this level can lead to organ damage.

<b>Blood Pressure Category</b>	<b>Upper Number (Systolic-mmHg)</b>		<b>Lower Number (Diastolic-mmHg)</b>
<b>Normal</b>	<b>Less than 120</b>	<b>and</b>	<b>Less than 80</b>
<b>Elevated Blood Pressure</b>	<b>120-129</b>	<b>or</b>	<b>Less than 80</b>
<b>High Blood Pressure Hypertension (Stage One)</b>	<b>130-139</b>	<b>or</b>	<b>80-89</b>
<b>High Blood Pressure Hypertension (Stage Two)</b>	<b>140 or more</b>	<b>or</b>	<b>90 or more</b>
<b>Hypertensive Crisis (call 9-1-1)</b>	<b>Higher than 180</b>	<b>and/or or</b>	<b>Higher than 110</b>

**If you are having any of the following symptoms and your blood pressure is 180/110 or higher, call 9-1-1:**

- Chest pain
- Shortness of breath
- Back pain
- Numbness/weakness
- Change in vision
- Difficulty speaking
- Severe headaches
- Nosebleeds
- Severe anxiety

# My Blood Pressure Readings



<b>Date</b>	<b>Time</b> (circle AM or PM)	<b>Top Number</b> (Systolic)	<b>Bottom Number</b> (Diastolic)
1/15/2018	7:00 <b>AM/PM</b>	130	78
	<b>AM/PM</b>		























## **What can I do to live a heart-healthy life?**

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- If you smoke, think about quitting. Call 1-800-YES-QUIT for help and talk to your doctor or health care provider.
- Get at least 30 minutes of physical activity every day.
- Maintain a healthy weight. If you are overweight or obese, losing weight can have health benefits.
- Follow a low sodium diet like the Dietary Approaches to Stop Hypertension (DASH) Diet.
- Take your blood pressure medications as prescribed every day.
- If you drink alcohol, consider limiting or stopping drinking alcohol.
- Reduce your stress.
- Know your blood pressure numbers.

# My Medication List



Take this booklet to your next visit with your doctor or pharmacist and ask him/her to make sure your list is correct.

Name of the medicine	Instructions
<i>Aspirin (white pill)</i>	<i>take once a day at night with food</i>

# Contact us for more information

Texas Heart Disease and Stroke Program

Health Promotion and Chronic Disease  
Prevention Section

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