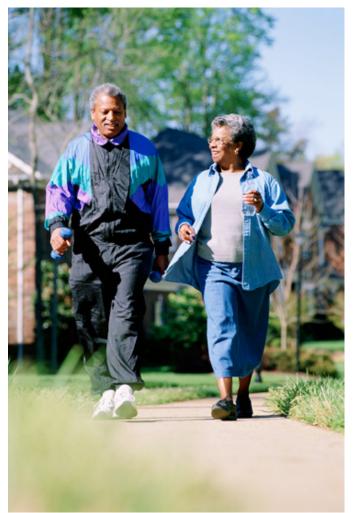


### **Texas Department of State Health Services**





# 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?

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?



- 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.

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

#### 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



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



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



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	AM/PM		



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	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



Date	Time (circle AM or PM)	Top Number (Systolic)	Bottom Number (Diastolic)
	AM/PM		



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

- 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
Aspirin (white pill)	take once a day at night with food

## Contact us for more information

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