

# High Blood Pressure

*How Am I Doing?*

### Blood Pressure Goals

Systolic (upper number) 129 or less  
Diastolic (lower number) 79 or less

### My Blood Pressure

Today's date \_\_\_\_\_  
Systolic (upper number) \_\_\_\_\_  
Diastolic (lower number) \_\_\_\_\_

180  
170  
160  
150  
140  
**129**  
120  
110  
100  
90  
**79**  
70  
60

### High blood pressure may affect you:

- ✓ Kidneys – Increases your risk of kidney failure and need for dialysis.
- ✓ Heart – Increases your risk of heart attacks and heart failure.
- ✓ Brain – Increases your risk of strokes.

**Keeping your blood pressure under control will keep you healthy and prevent complications.**

## Lifestyle Modifications Chart

Modification	Recommendation	My Personal Goals
<b>Weight reduction</b>	Weight loss is recommended with a goal of at least 5% body weight reduction.	
<b>Adopt DASH* eating plan</b>	Consume a diet rich in fruits, vegetables, and lowfat dairy products with a reduced content of saturated total fat.	
<b>Dietary sodium reduction</b>	Reduce dietary sodium intake to no more than 2.3 g sodium or 6 g sodium chloride a day. If patient ≥ 51 years old, recommendation is no more than 1.5 g sodium per day.	
<b>Dietary increase in potassium</b>	Discuss with your physician to determine if consumption of a diet rich in potassium is right for you.	
<b>Physical activity</b>	Engage in at least 150 minutes of moderate aerobic physical activity per week. Adding resistance training 2 or more times per week is also beneficial.	
<b>Smoking cessation</b>	Complete smoking cessation is recommended. Discuss nicotine replacement products with your physician.	
<b>Moderation of alcohol consumption</b>	Limit consumption to no more than two drinks (e.g., 24 oz. beer, 10 oz. wine, goal of abstinence of or 3 oz. 80-proof whiskey) per day in most men, and to no more than one drink per day in women and lighter weight persons. Optimal goal is abstinence.	
<b>Stress Management</b>	Reduce stress through transcendental meditation, breathing control, and yoga.	

\*DASH–Dietary Approaches to Stop Hypertension

# It's important to check and record your numbers.

## Before taking your blood pressure:

- Avoid smoking, caffeine, or exercise for 30 minutes.
- Sit down and relax for at least 5 minutes.
- Use a properly sized cuff. A cuff that fits incorrectly may also give a measure that is not true.

## How to take your blood pressure:

- Sit down with both feet flat on the floor and your back up against a chair.
- Wrap the blood pressure monitor cuff above your elbow.
- Rest your arm on a table. Your upper arm should be at heart level.
- Don't talk while you take your blood pressure.
- Follow the instructions that came with your monitor.
- Take your blood pressure twice and write down the results of the second reading.

## Blood Pressure Tracking Log

Date	AM Reading	PM Reading	Comments