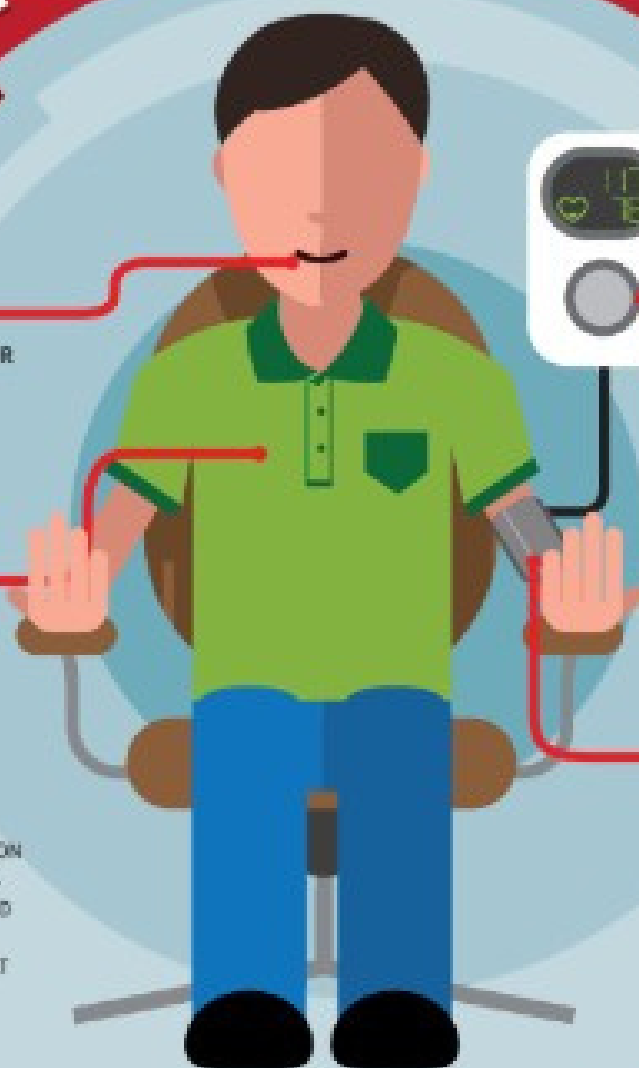




American
Heart
Association

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING
- NO EXERCISE
- NO CAFFEINATED BEVERAGES
- NO ALCOHOL

REST FOR AT LEAST 5 MINUTES. SIT CALMLY AND DON'T TALK.

WHILE YOU PREPARE TO TAKE YOUR BLOOD PRESSURE:

- RELAX.
- DON'T TALK.
- REST YOUR ARM COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

TAKE AT LEAST TWO READINGS 1 MINUTE APART IN THE MORNING BEFORE TAKING MEDICATIONS, AND IN THE EVENING BEFORE GOING TO BED. RECORD ALL RESULTS.

(IF YOU NOTICE THAT ONE ARM SHOWS A HIGHER READING THAN THE OTHER, USE THE ARM WITH THE HIGHER READING.)

USE A PROPERLY CALIBRATED AND VALIDATED DEVICE. CHECK THE CUFF SIZE AND FIT.

RIGHT BEFORE:

- PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.
- WRAP IT AGAINST YOUR BARE SKIN, NOT OVER CLOTHING.

American Heart Association recommended blood pressure levels

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120



* WAIT A FEW MINUTES AND TAKE BLOOD PRESSURE AGAIN.

* IF YOUR BLOOD PRESSURE IS STILL HIGH AND THERE ARE NO OTHER SIGNS OR SYMPTOMS, CONTACT YOUR HEALTH CARE PROFESSIONAL IMMEDIATELY.

* IF YOU ARE EXPERIENCING SIGNS OF POSSIBLE ORGAN DAMAGE, SUCH AS CHEST PAIN, SHORTNESS OF BREATH, BACK PAIN, NUMBNESS/WEAKNESS, CHANGE IN VISION OR DIFFICULTY SPEAKING, CALL 911.

LEARN MORE AT [HEART.ORG/HBP](https://heart.org/hbp)



Home Blood Pressure Monitoring

We may ask you to monitor your blood pressure at home if you have high blood pressure, are taking certain medications, or for other specific reasons.

You can purchase a good home blood pressure machine [HERE](#) (upper arm cuffs are typically more accurate than wrist cuffs)

Standard blood pressure goal is less than 130 for the top number and less than 80 for the bottom number. If you are getting readings higher than this, please let us know right away.

High blood pressure is associated with an increased risk of:

- Heart disease and heart attacks
- Stroke
- Kidney disease
- Vision problems
- Damage to blood vessels
- Increased inflammation and cardiovascular risk

Ways to Help Support Healthy Blood Pressure

- Focus on a whole-food diet with plenty of vegetables, fruits, lean proteins, and healthy fats
- Increase potassium-rich foods (unless restricted by your provider), such as: Avocado, Leafy greens, Sweet potatoes, Beans, Bananas
- Reduce highly processed foods and excess sodium
- Prioritize fiber-rich foods
- Prioritize quality sleep
- Manage stress (breathing exercises, mindfulness, time outdoors, relaxation practices)
- Maintain a healthy weight
- Limit alcohol
- Avoid smoking/nicotine
- Stay hydrated
- Aim for regular exercise (walking, strength training, cardio)

Have other questions? Please text us at 913-513-2166

We are here to help!