Codman Square Health Center

UNDERSTANDING YOUR BLOOD PRESSURE AT HOME

YOUR GOAL BLOOD PRESSURE IS: _____

WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is recorded with two numbers:

- The **systolic pressure** (top number) is the force at which your heart pumps blood around your body.
- The **diastolic pressure** (bottom number) is the resistance to the blood flow in the blood vessels.

They're both measured in millimetres of mercury **(mmHg)** and they both are important to tell if you have high blood pressure.

As a general guide:

- High blood pressure is considered to be **140/90 mmHg** or higher
- Ideal blood pressure is usually considered to be between **90/60 mmHg** and **120/80mmHg**

Blood pressure readings between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you do not take steps to keep your blood pressure under control.

Everyone's blood pressure will be slightly different. What's considered low or high for you may be normal for someone else.

Source: https://www.nhs.uk/conditions/high-blood-pressure-hypertension/%E2%80%93

WHAT IF YOU GET A HIGH BLOOD PRESSURE READING?

- **A single high reading is not an immediate cause for alarm.** If you get a reading that is slightly or moderately higher than normal, take your blood pressure a few more times and consult your health care professional to verify if there's a health concern or whether there may be any issues with your blood pressure monitor.
- **If your blood pressure readings suddenly exceed 180/120 mmHg,** rest for five minutes and test again. If your readings are still unusually high, contact your provider immediately. You could be experiencing a hypertensive crisis.
- **If your blood pressure is higher than 180/120 mmHg and you are experiencing symptoms** like chest pain, shortness of breath, back pain, numbness/weakness, change in vision, or difficulty speaking, do not wait to see if your pressure comes down on its own. **Call 911.**
- **Some people normally have low pressures,** but if your pressure is suddenly low, such as l**ess than 90/60 mmHg,** recheck it again and call your provider if it is still low or if you have any concerns.

Source: https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home

How to measure your blood pressure at home

TARGET:BP™ | American Heart Association. AMA

Follow these steps for an accurate blood pressure measurement

1. PREPARE

Avoid caffeine, smoking and exercise for 30 minutes before measuring your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP *before* you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2. POSITION

3. MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart, twice daily for seven days.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

Content provided by

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MY BLOOD PRESSURE LOG

NAME: _____

YOUR BLOOD PRESSURE GOAL: _____ **mmHg**

DATE	TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENTS

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MY BLOOD PRESSURE LOG

NAME: _____

YOUR BLOOD PRESSURE GOAL: _____ **mmHg**

DATE	TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENTS

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MY BLOOD PRESSURE LOG

NAME: _____

YOUR BLOOD PRESSURE GOAL: _____ **mmHg**

DATE	TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENTS

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MY BLOOD PRESSURE LOG

NAME: _____

YOUR BLOOD PRESSURE GOAL: _____ **mmHg**

DATE	TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENTS