

# Hypertension

*Hypertension (high blood pressure) is when the force of blood flowing through your blood vessels is too high. The following is some general guidance about management.*

<b>BLOOD PRESSURE CATEGORY</b>	<b>SYSTOLIC mm Hg</b> Top number		<b>DIASTOLIC mm Hg</b> Bottom number
ACCEPTABLE	LESS THAN 130	and	LESS THAN 80
MONITOR CLOSELY	130 - 139	and	81 - 89
NEEDS FOLLOW-UP	140 OR HIGHER	or	90 OR HIGHER
CALL YOUR DOCTOR IMMEDIATELY	HIGHER THAN 180	and/or	HIGHER THAN 120

## RISKS

*Hypertension can cause:*

- Heart attack
- Heart failure
- Stroke
- Kidney problems
- Vision problems
- Blood vessel disease

## CALL ARC IF YOU HAVE BLOOD PRESSURES OVER 140/90 AND SYMPTOMS:

- Severe headaches
- Dizziness
- Leg swelling
- Additional questions

## CALL 911 IF YOU HAVE:

- Chest pain
- Shortness of breath
- One-sided weakness
- Vision or speech changes

## TIPS TO CONTROL YOUR BLOOD PRESSURE

- Check your blood pressure at home. Write the numbers down and bring the readings to all doctor visits.
- Take your medicines every day as prescribed. Let your doctor know if you have any side effects.
- Limit your salt intake to less than 2000 mg daily. Eat a diet high in green vegetables and fiber.
- Get 30 minutes of exercise most days of the week (like brisk walking).

## CHECKING YOUR BLOOD PRESSURE

- Make sure to use a correctly sized cuff for your arm and to apply the cuff correctly using the instructions on the packaging (or ask someone on your healthcare team for help).
- Rest in a chair, feet flat on the floor, for 5 minutes before taking reading.
- Check reading with your arm on a flat surface at heart level (sit calmly and don't talk during reading).
- Record your readings for your doctor and bring to all visits.

# Blood Pressure Log

Measure blood pressure twice a day at about the same times every day.

Date	AM	PM	Date	AM	PM

American Heart Association. (n.d.). The Facts About High Blood Pressure. <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>.