

Blood Pressure Log Book



"TAKING YOUR HEALTH TO HEART"

Healthy Hearts Initiative

Non-Communicable Disease Bureau
Division of Public Health
Commonwealth Healthcare Corporation

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PERSONAL INFORMATION

NAME: _____

PHONE: _____

EMERGENCY CONTACT:

Name: _____

Phone: _____

Relationship: _____

ALLERGIES/ HEALTH CONDITIONS:

MEDICATIONS:



About Blood Pressure

What is Blood Pressure?

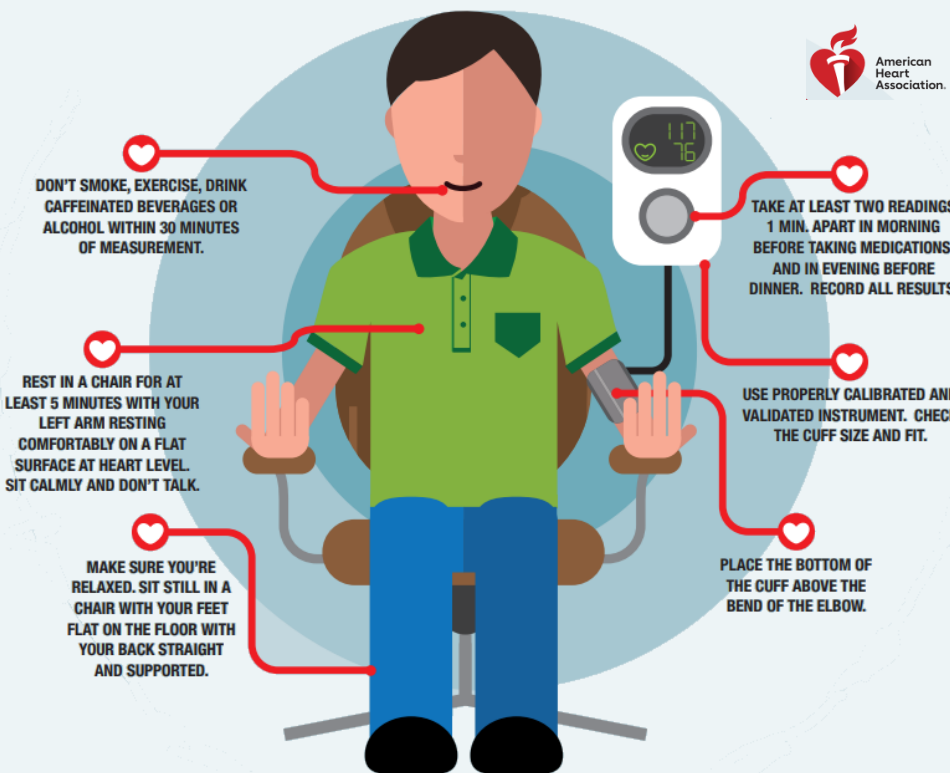
- Blood pressure is how hard your heart is pumping to move blood through your body. Blood pressure normally rises and falls throughout the day, but if it stays high for a long time, it can damage your heart and lead to health problems.
- Having high blood pressure means your heart is working harder than it should be.

Why track your blood pressure?

Checking your blood pressure at home is an important part of keeping you healthy, especially if you have high blood pressure. Home monitoring can help you keep tabs on your blood pressure in a familiar setting, make sure your medication is working, and alert you and your doctor to possible health problems.



How to take your Blood Pressure



Blood Pressure Chart

Blood Pressure Categories



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

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- Your blood pressure goal is less than 130/80.
- Take your blood pressure everyday around the same time.
- Bring your blood pressure readings to your appointments for your doctor to review!



Blood Pressure Log

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Salt Consumption and Your Health

Eating lots of salt and salty foods can raise your blood pressure. High blood pressure is a major risk factor for heart disease and stroke. Reducing how much salt you eat can greatly lower your blood pressure!

All Purpose No-Salt Seasoning

Try this seasoning with your favorite meats or stir-fry!

Ingredients:

- 2 tablespoons black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 bay leaf, ground

Directions:

Combine and mix together. Store in a sealed jar.

Healthy Cooking Tips

- Prepare foods using vegetable oil sprays instead of oil, shortening, or butter. Canola or olive oil are best
- Limit Salt. Season foods with herbs, spices, vinegar, wine, or lemon juice
- Include more vegetable in meals
- Avoid frying, instead try grilling, roasting, or stir frying your favorite meals
- Use only low-fat or fat-free ingredients in your recipes
- Steam your vegetables using water
- Use lemon or lime on fish and vegetables instead of butter and sauces
- Cook with whole-grains rather than refined-grain products. Choose brown rice or whole wheat pasta
- Prepare chicken or turkey without the skin and trim fat off of meats before cooking
- Skim fat from the top of stews and soups when they chill. Skim off the fat, reheat, and eat

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