

PLANK 5

TOOL: Patient Education Flyer (Cleveland Clinic)

HYPERTENSION (HIGH BLOOD PRESSURE)

Goal Blood Pressure is less than 140/90

*NOTE: DIABETICS BLOOD PRESSURE GOAL IS LESS THAN 130/80

American Heart Association recommended blood pressure levels			
Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

Ten Ways to Control Your High Blood Pressure

1. Know your blood pressure. Have it checked regularly.
2. Know what your weight should be. Keep it at or below that level.
3. Don't use too much salt in cooking or at meals. Avoid salty foods.
4. Eat a diet low in saturated fat according to the American Heart Association Recommendations.
5. Control alcohol intake. Don't have more than one drink a day if you're a woman or two a day if you're a man.
6. Take your medicine exactly as prescribed. Don't run out of pills even for a single day.
7. Keep appointments with the doctor.
8. Follow your doctor's advice about physical activity.
9. Make certain your parents, brothers, sisters and children have their blood pressure checked regularly.
10. Live a normal life every other way.

Blood Pressure Tracker Use this tool to keep track of your blood pressure levels.			
Date	Blood Pressure	Weight	Notes/How I Feel

