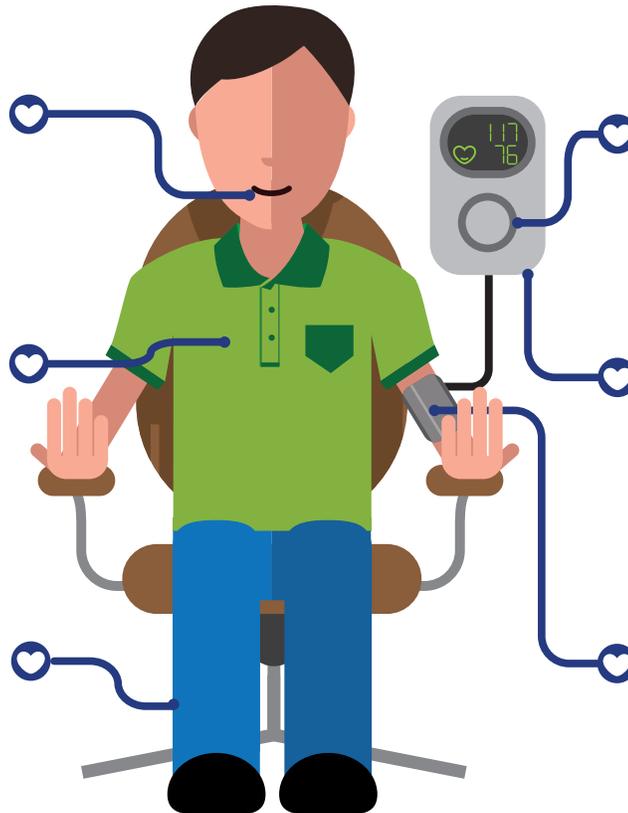


Blood Pressure Basics

Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of measurement.

Rest in a chair for at least 5 minutes with your left arm resting comfortably on a flat surface at heart level. Sit calmly and don't talk.

Make sure you're relaxed. Sit still in a chair with your feet flat on the floor with your back straight and supported.



Take at least two readings 1 min. apart in morning before taking medications, and in evening before dinner. Record all results.

Use properly calibrated and validated instrument. Check the cuff size and fit.

Place the bottom of the cuff above the bend of the elbow.

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 it's still high, contact your doctor immediately.

Learn more at [TexasHealth.org/Heart](https://www.texashealth.org/heart)



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