

### BLOOD PRESSURE RECORD

DATE	TIME	SYSTOLIC/DIASTOLIC	HEART RATE	WEIGHT
		/		
		/		
		/		
		/		
		/		
		/		

**BLOOD PRESSURE FLUCTUATES SUGGESTION**

Keep this record card for review with your physician.

As you know, screening recommendations can differ depending on what medical “authority” is issuing them. High blood pressure (hypertension) is usually defined in adults as a systolic blood pressure of 140 mmHg or higher, or a diastolic blood pressure of 90 mmHg or higher. Because of the variability in individual blood pressure measurements, it is recommended that hypertension be diagnosed only after 2 or more elevated readings are obtained on at least 2 visits over a period of one to several weeks.

The USPSTF, first convened by the U.S. Public Health Service in 1984, and since 1998 sponsored by the Agency for Healthcare Research and Quality (AHRQ), is the leading independent panel of private-sector experts in prevention and primary care. The USPSTF conducts rigorous, impartial assessments of the scientific evidence for the effectiveness of a broad range of clinical preventive services, including screening, counseling, and preventive medications. Its recommendations are considered the “gold standard” for clinical preventive services. For more info: <http://www.ahrq.gov/clinic/uspstf07/hbp/hbsum.htm>

**Consecutive readings usually differ—**

The best method to find your typical blood pressure is to average (10) measurements taken over several days.

**TOTAL** ----- **AVERAGE** -----

**\*Calculate your average blood pressure by**

**Adding each column and dividing each by the total Number of measurements recorded.**

**SYSTOLIC** =maximum pressure in blood vessels when heart beats.

**DIASTOLIC**=minimum pressure in blood vessels when heart relaxes between beats.

<b>Normal less than 120</b>	<b>Prehypertension 120-139</b>	<b>Stage 1 Hypertension 140-159</b>	<b>Stage 2 Hypertension 160 and Higher</b>
Normal Less Than 80	PreHypertension 80-89	Stage 1 Hypertension 90-99	Stage 2 Hypertension 100 and Higher

