DAILY BLOOD PRESSURE LOG

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| Date | Time | Systolic | Diastolic | Notes |
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Your blood pressure (BP) reading(s) are higher than recommended. Your physician has asked that you get your BP taken at least once a day over the next two weeks. You can 1) find a nurse or medically trained person to do this or you can 2) go to a pharmacy/grocery store with a BP machine or you can 3) buy your own BP machine at a pharmacy/WalMart (the machines with cuffs that go around your upper arm are generally more accurate). Please take your BP when you are relaxed and keep track (Notes above) of where and when they were taken. Please schedule a follow-up visit with the physician as recommended (generally if more than a rare reading is greater than 140 systolic (top number) or 90 diastolic (bottom number) on more than a rare occasion) to discuss your possible need for BP medications or a change in your current medication(s).

Ideal BP is 120/80. Research shows that you are at an increased risk of having a heart attack or stroke if your blood pressure is frequently higher than 135/85. Most physicians start people on prescription medications if there BP is greater than 140 (systolic) or 90 (diastolic) on more than a rare occasion. In most cases, there is no specific correctable underlying cause of high BP but factors that are known to cause increased BP include: alcohol, caffeine, nicotine (smoking), overweight/obesity, lack of exercise, poor diet, anxiety, and many over-the-counter and prescription medications.