

My High Blood Pressure Guide

My regular doctor's number is: _____



RED ZONE - Take Action NOW!

- Blood pressure more than 180/120 and:
 - Severe chest pain
 - severe headache with blurred vision, slurred speech
 - Cannot raise one arm
 - Face appears to droop
 - Very confused
 - Unresponsive
 - Severe Anxiety
 - Suddenly short of breath
 - Seizure
 - Your blood pressure is below 80/60 and:
 - You feel weak or dizzy
 - Or if you have bloody bowel movements
 - You have blurred vision
 - you are nauseas
- Call 911 or have someone take you to the emergency department.

YELLOW ZONE - Call your doctor!

- Your Blood pressure is greater than 160/110
- Your blood pressure is below 90/60
- Occasional nosebleeds
- Anxious
- mild headaches
- You cannot afford your medications
- You often skip your medications

GREEN ZONE - Great Control!

- Your blood pressure is somewhere between 90/60 or 120/80
- You are taking medications as prescribed
- You feel fine
- No headaches or dizziness
- Continue with the medical plan of care
- Keep all your doctor appointments

Information presented on this guide is for general information and educational purposes only. It should not be considered complete or be used in place of a medical office visit, call, or advice given by a doctor, nurse practitioner, physician assistant, pharmacist, or other health care provider. If you have any questions or concerns about your health, please seek medical care or advice immediately.

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Green Zone

- This means you are doing great. Keep up the good work and keep all medical appointments

Yellow Zone

- You need to call your doctor as soon as possible. If your doctor's office is closed, you might need to go to an urgent care center or walk in clinic.

Red Zone

- You need to be seen by a doctor **As Soon As Possible**. Have someone take you to the emergency department or call 911.

What is Hypertension?

Hypertension is high blood pressure. You get high blood pressure when your blood vessels get narrower and "squeezes" your blood into a tighter space. This makes your heart have to pump harder to push the blood through your arteries and veins. Over time, high blood pressure causes many problems. It puts you at risk for heart disease, stroke, blood clots and dementia.

Two types of high blood pressure

Primary: The exact cause may not be known but it gets gradually higher over time. This may be from being older if your race is black or family history of high blood pressure.

Secondary: This is high blood pressure caused by other conditions or behaviors. It often results in higher pressures. This could be from certain medications, high stress, kidney or thyroid problems, diabetes, smoking, eating lots of salt, drinking lots of alcohol or taking illegal drugs or a lack of exercise.

What can you do?

- Manage your chronic conditions like diabetes, heart failure, COPD,
- Be active
- Eat healthy
- If you smoke, ask your doctor for ways to help you stop
- Find ways to reduce stress
- If you are taking more than one medication for high blood pressure ask your doctor or pharmacist if there is a pill that combines the medications you take.
- Check your blood pressure regularly

Blood pressure category	Top Number Systolic	Bottom Number Diastolic	What to Do
Extremely high BP	Higher than 180	Higher than 110	Call 911
High	160 - 180	100 - 110	Call Doctor
High BP	140 - 160	90 - 100	Call Doctor
Pre High BP	120 - 140	80 - 90	Tell doctor at next visit
Ideal BP	90 - 120	60 - 80	You are doing great
Low BP	60 - 90	40 - 60	Call doctor
Very low	50 - 60	30 - 40	Call 911
Extremely Low BP	Below 50	Below 30	Call 911

How to take Blood Pressure

- Best is first thing in the morning
- When you take your blood pressure or when you are having it done at the doctor's office, make sure that you
- Don't drink coffee or smoke 30 minutes before
- Sit up straight with arm supported,
- legs uncrossed
- make sure you don't have to urinate.

