



Participant Blood Pressure Results  
 Date: \_\_\_\_\_

This fact sheet provides your results from today's visit and information what these measures might mean for your health. These results are not to be used as diagnostic information or make decisions about your health. If you are concerned with these results, you should contact your primary health care physician.

BLOOD PRESSURE RESULTS:	
Reading 1:	____ / ____
Reading 2:	____ / ____
Reading 3:	____ / ____

Here are useful blood pressure categories, as defined by the American Heart Association:

Blood Pressure Category	Systolic mmHg (upper #)	Diastolic mmHg (lower #)
<b>Normal</b>	<b>less than 120</b>	<b>and less than 80</b>
<b>Prehypertension</b>	<b>120 – 139</b>	<b>or 80-89</b>
<b>High Blood Pressure (Hypertension) Stage 1</b>	<b>140-159</b>	<b>or 90-99</b>
<b>High Blood Pressure (Hypertension) Stage 2</b>	<b>160 or higher</b>	<b>or 100 or higher</b>
<b>Hypertensive Crisis (Emergency care needed)</b>	<b>Higher than 180</b>	<b>or Higher than 110</b>

**These readings are not to be used for diagnostic purposes.** It is important to note that blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active. If your numbers stay above normal most of the time, you're at risk for health problems. These blood pressure measurements may not mean that you have high blood pressure. If your reading is above normal or you have concerns, you should see your physician.

**In the event that you have high blood pressure you may want to consider the following information and recommendations from the American Heart Association:**

**Why is it important to treat high blood pressure?** High blood pressure increases the risk of coronary heart disease (which leads to heart attack and stroke), especially when it's present with other risk factors, such as diabetes. When a person has high blood pressure and diabetes, a common combination, their risk for cardiovascular disease doubles.

**What can I do?** There's no cure for high blood pressure. But it can be controlled. If you have diabetes and high blood pressure, work with your physician to get your blood pressure below 130/80. Weight control, regular physical activity and diet help lower blood pressure and manage cholesterol and glycemia (the presence of glucose in the blood). When you talk to your healthcare provider, he or she may discuss several options for treatment including:

- Losing weight if you're overweight.
- Eating a healthy diet low in saturated fat, cholesterol and salt.
- Being more physically active.
- Limiting alcohol to no more than one drink per day for women or two drinks a day for men.
- Taking medications.

More resources:

American Heart Association: [www.heart.org](http://www.heart.org)

National Heart, Lung, and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)

**Hypertensive Crisis (as defined by the American Heart Association)**

**If you get a blood pressure reading of 180 or higher for your systolic pressure (top number) or 110 or higher for your diastolic pressure (bottom number),** wait a couple of minutes and test it again to verify that the first reading was accurate. There is no safe duration for blood pressure to remain in this range. Do not wait to see if your pressure comes down on its own. Call 9-1-1 immediately for emergency medical assistance. If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you are experiencing any of the symptoms listed below, don't drive yourself unless you have absolutely no other option.

#### **SYMPTOMS OF A HYPERTENSIVE CRISIS**

**High blood pressure is not typically accompanied by symptoms. However, those experiencing hypertensive crisis may or may not experience one of more of these symptoms:** • Severe headache • Severe anxiety • Shortness of breath • Nosebleeds