

## Blood Pressure Reading Tracking

220																				
210																				
200																				
190																				
180																				
170																				
160																				
150																				
140																				
130																				
120																				
110																				
100																				
90																				
80																				
70																				
60																				
50																				
	Ex 1	Ex 2	1	2	3	4	5	6	7	8	9	10								

Ex Reading 1: 7/5/05 152/92 – started meds today

Ex Reading 2: 7/6/05 157/97 – lots of stress today

Reading 1: \_\_\_\_\_

Reading 2: \_\_\_\_\_

Reading 3: \_\_\_\_\_

Reading 4: \_\_\_\_\_

Reading 5: \_\_\_\_\_

Reading 6: \_\_\_\_\_

Reading 7: \_\_\_\_\_

Reading 8: \_\_\_\_\_

Reading 9: \_\_\_\_\_

Reading 10: \_\_\_\_\_

**Targets:**

Systolic: Less than 120

Diastolic: Less than 80

Record the date of each reading above along with your actual BP-systolic and diastolic (top and bottom blood pressure numbers). Also with each reading, record notes and things that you feel may have had an impact on your readings like medication changes, diet changes, stress, exercise changes, etc. Connect your dots above to create a separate line graph for the systolic and diastolic readings that will show your blood pressure ups and downs in 2 different line graphs. See example listed above and on the graph.

### The DASH (Dietary Approaches to Stop Hypertension) Diet\*

The DASH Diet is low in cholesterol, high in fiber, potassium, calcium, and magnesium, and moderately high in protein. The DASH Diet has been scientifically shown to lower blood pressures and promote weight loss.

Follow the DASH (Dietary Approaches to Stop Hypertension) Diet\*

Food Group	Daily Servings	Serving Size Samples
Grains (whole grains)	6-8	1 slice bread; ½ cup cooked rice, pasta or cereal
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable
Fruits	4-5	1 medium fruit; ½ cup fresh, frozen, or canned fruit
Fat-free/low-fat milk products	2-3	1 cup milk or yogurt; 1 ½ oz cheese
Lean meats, poultry, and fish	6 or less	1 oz cooked meats, poultry, or fish; 1 egg
Nuts, seeds, and legumes	4-5 per week	1/3 cup or 1 ½ oz nuts; 2 Tbsp peanut butter
Fats and oils	2-3	1 tsp soft margarine or vegetable oil; 1 Tbsp mayonnaise
Sweets and added sugars	5 or less per week	1 Tbsp sugar; ½ cup sorbet or gelatin

\*visit <http://www.dashforhealth.com> for additional individualized information

# Tell Me About Blood Pressure



Blood pressure measures the force blood puts on blood vessel walls as it travels through the body. Blood pressure is expressed in two numbers, systolic and diastolic, (for example, 120/80). The systolic (top) number indicates the pressure in the heart and arteries when the heart contracts. The diastolic (bottom) number indicates the pressure in the heart and arteries during the resting or filling stage of the heartbeat.

A "normal" blood pressure is less than 120/80 but will vary with activity or stress. Chronically elevated blood pressure, any reading 140/90 or greater, can lead to heart attack, stroke, and other forms of heart disease. One-third of adult Americans has high blood pressure, but because high blood pressure often has no symptoms, it is known as "the silent killer". Untreated high blood pressure leads to stress on the blood vessel walls causing them to thicken or weaken. It can also cause clots to break off artery walls and plug an artery in the heart, brain, kidneys, eyes or elsewhere in the body.

	Recommended	At Risk	High Risk	High Risk for Diabetes or Kidney Disease
<b>Systolic BP</b>	119 mmHg or less	120 - 139 mmHg	140 mmHg or greater	130 mmHg or greater
<b>Diastolic BP</b>	79 mmHg or less	80 - 89 mmHg	90 mmHg or greater	80 mmHg or greater

## Risk Factors

Being aware of the risk factors can help prevent high blood pressure and its associated complications. The following risk factors are associated with high blood pressure.

- Family history
- Gender - males are more likely to develop high blood pressure, however, women are at risk, especially after menopause.
- Age - older than 55 years.
- Ethnicity - blacks, Hispanics and Asians are at greater risk.
- Excess weight - a BMI  $\geq 25.0$  or a WHR  $\geq 0.80$  for women; or  $\geq 0.95$  for men.
- Salt or sodium sensitivity
- Use of alcohol
- Use of oral contraceptives
- Sedentary lifestyle
- Stress

## Tips to Control Blood Pressure

- Achieve and maintain a healthy weight.
- Use salt sparingly. Cut dietary sodium to less than 2400 mg per day.
- Eat a diet low in fat and high in fiber. Also get enough calcium (low fat milk and leafy greens), magnesium, and potassium (bananas, and other fruits and vegetables).
- Get regular aerobic exercise such as walking. Exercise generally decreases both SBP and DBP values about 10 points in as little as 3-4 weeks. As always, consult a physician before beginning a new exercise program.
- Avoid alcohol or drink moderately.
- Use caffeine in moderation.
- Take medicine if prescribed.
- Stop smoking.
- Reduce dietary saturated fat.