

TAKE YOUR BLOOD PRESSURE AT HOME

Higher blood pressure increases your risk for heart disease. Reducing high blood pressure, even by small amounts, can greatly reduce your risk of heart disease, diabetes, and stroke.

TIPS FOR AN ACCURATE READING



Blood pressure monitors vary in size, price, features, and ease of use. Bring your device to your next doctor's appointment to check for accuracy.



Place the cuff above the bend in your elbow. Be sure the cuff fits properly.



Relax! Refrain from physical activity, smoking and caffeinated beverages 30 minutes prior. Also rest at least five minutes beforehand taking a reading.



Take at least 2 readings, 1 minute apart.

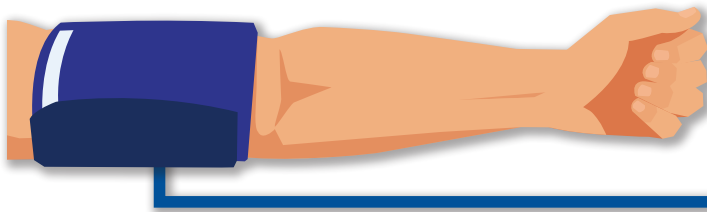


Sit up straight with back supported, feet flat on the floor and rest your arm at heart level on a table.



Record your results by writing them down. Bring the results to your next doctor's appointment.

WHAT DO THE NUMBERS MEAN?



SYSTOLIC: The top number measures the pressure in your arteries when your heart beats.

DIASTOLIC: The bottom number measures the pressure measured between heartbeats.

IS MY BLOOD PRESSURE GOOD OR BAD?	BLOOD PRESSURE CATEGORY	SYSTOLIC (UPPER NUMBER)		DIASTOLIC (LOWER NUMBER)
	NORMAL	LESS THAN 120	AND	LESS THAN 80
	ELEVATED	120-129	AND	LESS THAN 80
	HIGH - STAGE 1	130-139	OR	80-89
	HIGH - STAGE 2	140 OR HIGHER	OR	90 OR HIGHER

Source: CardioSmart/American College of Cardiology

WHAT SHOULD I DO IF MY BLOOD PRESSURE READING IS HIGH?

Discuss your results with your primary care provider. If you don't already have a primary care doctor, BJC has providers in greater St. Louis, mid-Missouri and southern Illinois that offer both in-person and virtual appointments. Schedule an appointment with a primary care provider or heart specialist by visiting bjc.org/heart or calling 866-680-2421.

- **Contact your provider** as soon as possible if your pressure is at 180/120 or higher and you are not experiencing other symptoms.
- **Call 911 immediately** if you are experiencing chest pain, shortness of breath, numbness, fatigue or a change in vision and your blood pressure is 180/120 or higher.