



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**



MY BLOOD PRESSURE PASSPORT



Presented by the
Texas Heart Disease
and Stroke Program
and Health Promotion
and Chronic Disease
Prevention Section



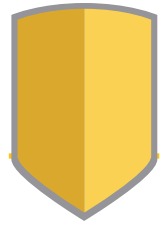
Why should I take my blood pressure at home?

**Home blood pressure monitoring can
help you control your blood pressure.**

**My Blood Pressure Goal
is**

**_____ / _____
Example: 125/75**

How do I take my blood pressure at home?



- Rest 5 minutes before taking your blood pressure.
- Don't smoke or drink caffeine for at least 30 minutes before.
- Take your blood pressure before (not after) you eat.
- Sit comfortably with your back supported and both feet on the floor. Don't cross your legs or ankles.
- Lift your arm to heart level on a table or a desk.
- The best blood pressure cuff for you should fit smoothly and snugly around your arm. There should be enough room to slip a fingertip under the cuff.
- Take 2 or 3 measurements in the morning and 2 or 3 measurements at night, for a total of between 4 and 6 measurements.



What does my blood pressure reading mean?

Call your health care provider if your blood pressure is too high or too low. When blood pressure reaches a level that is too high (180/110 or higher), it is called a hypertensive emergency or crisis. Blood pressure at this level can lead to organ damage.

Blood Pressure Category	Upper Number (Systolic-mmHg)		Lower Number (Diastolic-mmHg)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	120-129	or	Less than 80
High Blood Pressure Hypertension (Stage One)	130-139	or	80-89
High Blood Pressure Hypertension (Stage Two)	140 or more	or	90 or more
Hypertensive Crisis (call 9-1-1)	Higher than 180	and/or or	Higher than 110

If you are having any of the following symptoms and your blood pressure is 180/110 or higher, call 9-1-1:

- Chest pain
- Shortness of breath
- Back pain
- Numbness/weakness
- Change in vision
- Difficulty speaking
- Severe headaches
- Nosebleeds
- Severe anxiety

[illegible]

[illegible]

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[illegible]



What can I do to live a heart-healthy life?

- If you smoke, think about quitting. Call 1-800-YES-QUIT for help and talk to your doctor or health care provider.
- Get at least 30 minutes of physical activity every day.
- Maintain a healthy weight. If you are overweight or obese, losing weight can have health benefits.
- Follow a low sodium diet like the Dietary Approaches to Stop Hypertension (DASH) Diet.
- Take your blood pressure medications as prescribed every day.
- If you drink alcohol, consider limiting or stopping drinking alcohol.
- Reduce your stress.
- Know your blood pressure numbers.

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Contact us for more information

Texas Heart Disease and Stroke Program

Health Promotion and Chronic Disease
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