

Blood Pressure Monitoring

If you have high blood pressure, it is important you check your blood pressure more frequently than in the doctor's office. The optimal time to check your blood pressure is first thing in the morning or after you have been sitting down for at least 15 minutes. I recommend you check your blood pressure twice a week, write the number down, and bring in the log each time you go to the doctor. Buying a home blood pressure machine is a worthwhile investment. The arm monitors are more accurate than the wrist monitors. Bring in your machine to the doctor's office once a year to make sure it is reading accurately. Omron, CVS, Microlife, and Relion are recommended brands. Limit your salt (sodium) intake to 2400mg a day. Normal blood pressure is 120/70. High blood pressure is greater than 140/90. Make an appointment if the majority of your blood pressures are over 140/90.

BP Readings

| Date | Reading | Date | Reading |
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