

Blood Pressure Log

Patient Name _____

	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
AM	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____
Blood Pressure	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
Pulse Rate	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
PM	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____
Blood Pressure	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
Pulse Rate	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
AM	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____
Blood Pressure	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
Pulse Rate	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
PM	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____
Blood Pressure	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
Pulse Rate	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
AM	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____	AM Time: _____
Blood Pressure	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
Pulse Rate	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
PM	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____	PM Time: _____
Blood Pressure	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____	BP: _____
Pulse Rate	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____

See back for TIPS on lowering Blood Pressure & getting Accurate BP readings.



Accurate Blood Pressure

Buy a monitor that goes on your upper arm. Make sure you are using the right cuff; if too tight, it will over read your blood pressure. Do not use wrist BP monitors; they are not accurate.

Sit down for at least 2 minutes prior to checking your blood pressure.

Preferable times to check your blood pressure is:

1. in the (AM) morning before breakfast, before coffee, before taking your medications, and—
2. in the (PM) evening before you go to bed

Take your monitor every three months to your local pharmacy and check your blood pressure with their machine, and then your machine to make sure your machine is giving you accurate readings. The difference should not be more than 5 points.

Recommended Lifestyle and Diet for Patients with High Blood Pressure

Avoid Aleve, Motrin, Naproxen, Mobic, BC Powder, and Ibuprofen because they make you retain sodium. Take Tylenol for pain management, if needed.

Avoid decongestant such as Sudafed or a combination of an allergy pill with decongestant, such as Zyrtec D, or Allegra D.

Antihistamine alone, such as Benadryl, Zyrtec, Claritin, or Allegra is safe for Blood Pressure.

Read food labels for serving size, calories, fat, and sodium content.

Consume high-fiber foods, fruits, vegetables, low-fat dairy foods, and diets rich in potassium like a banana a day or a glass of orange juice a day.

Limit your intake of saturated fat and trans-fat by choosing lean meats, vegetable alternatives, and low-fat dairy products.

Maintain a healthy body weight of ideal Body Mass Index (BMI) of less than 25.

If you are overweight: losing 5-10% of body weight will help lower your blood pressure significantly.

Limit your sodium intake.

Do not exceed 2000mg (1 teaspoon = 2300mg) a day. The average American consumes about 3400mg per day.

44% of sodium come from foods in the following top 10 categories: bread and rolls, cold cuts/cured meats, ham, bacon, sausage, hot dogs, pizza, processed poultry, soups, cheeseburgers, cheese, pasta mixed dishes (ex: spaghetti with meat sauce), meat mixed dishes (meat loaf with tomato sauce), and savory snacks (ex: chips and pretzels). Top sodium rich foods are: burritos, tacos, tamales, and tortillas. Avoid TV dinners, chips, popcorn, pickled cucumbers or olives.

www.alsosalt.com/sodiumcontent.html

If you consume alcohol, do so in moderation (no more than 1 drink per day for women and 2 drinks per day for men).

You can download the app MyFitnessPal to track your sodium and caloric intake.

Exercise daily for at least 30 minutes, 5 days per week.