

When Should I Be Concerned?

This Month's Focus

One of the questions I hear most often is,
"Karen...my blood pressure was really high.
Should I be worried?"

The answer depends on two things:

- ♥ Your blood pressure reading
- ♥ How you're feeling

One number by itself doesn't always tell the whole story.



You Check Your Blood Pressure...

✓ KEEP MONITORING



Your blood pressure is close to your usual readings.

You feel well.

Continue checking it as recommended.

Keep tracking your readings and have them available for your next visit.

📞 CONTACT YOUR HEALTHCARE PROVIDER



Your blood pressure is much higher than usual.

It stays elevated after resting for about 5 minutes and checking again.

You are not having severe symptoms.

We'll help you decide the best next step.

🚑 CALL 911



If your blood pressure is **170/100** or higher AND you have symptoms such as:

- ♥ Chest pain
- ♥ Shortness of breath
- ♥ Difficulty speaking
- ♥ Weakness on one side
- ♥ Vision changes
- ♥ Severe headache
- ♥ Confusion

Call 911 immediately.

Don't try to drive yourself if you're having severe symptoms.



Remember... We treat people—not just numbers.

Your overall health, symptoms, medical history, and lifestyle all matter.
That's why personalized care makes all the difference.



From Karen... ♥

“Most high blood pressure readings are not emergencies.

If you're ever unsure, don't panic—but don't ignore it either.

I'd much rather you reach out with a question than spend the day worrying.”



Karen's Tip 💡

Don't check your blood pressure over and over if you get one unexpected reading.

- ✓ Sit quietly for about 5 minutes.
- ✓ Take a few slow breaths.
- ✓ Check it again.

One reading doesn't tell the whole story.



Karen's Challenge

THIS WEEK...

- 📞 Save our office phone number in your phone.
- ⚠️ Learn the warning signs that require calling 911.
- 🩺 Keep checking your blood pressure regularly.



Contact Karen ♥

📞 407-867-1758

✉️ karenscorner@carter-familypractice.com

Knowing when to seek help isn't about being afraid.
It's about being prepared. ♥

♥ I'm here for you.

If you have questions or concerns about your heart health, I'm always here to help.