

Check your Blood Pressure regularly.

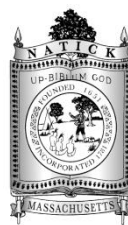
Repeated readings over a period of time are the best indication of true blood pressure.

If your Blood Pressure readings are above normal, contact your Doctor.

Blood Pressure Level		
Category	Systolic	Diastolic
Optimal	<120	<80
Normal	<130	<85
High Normal	130-139	85-89
High Blood Pressure		
Stage I	140-149	90-99
Stage II	160-179	100-109
Stage III	>180	> 110

**SYSTOLIC:** Pressure in blood vessels when the heart pumps

**DIASTOLIC:** Pressure in blood vessels when the heart relaxes between beats



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## BLOOD PRESSURE RECORD

Name: \_\_\_\_\_

