

TIPS

for

lowering your blood pressure

- Reduce sodium/salt in your diet.
- Exercise regularly.
- Don't smoke.
- Maintain a healthy weight.
- Limit alcohol.
- Decrease stress.

TIPS

for

taking your blood pressure at home

1. Empty your bladder.
2. Relax for at least five minutes before taking your blood pressure.
3. Use the correct size cuff on a bare arm.
4. Your arm should be supported at heart level on a level surface. Place both feet on the ground and support your back.
5. If initial blood pressure is elevated, take it again. Repeat above steps.
6. Keep a record of your readings to share with your doctor **(turn over to track)**.

This health alert is brought to you by:



Sources: American Heart Association; American Medical Association 2023.

These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions about the above information or their individual health should consult a physician.

Name: _____

Date: _____ Time: _____ Right or left arm: _____

Before/after meds: _____ Blood pressure reading: _____

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