SIGNS AND SYMPTOMS OF A STROKE

Call 911 right away if you or someone you know has a sudden onset of <u>any</u> of the following:

- numbness or weakness of the face, arm or leg, especially on one side of the body
- ✓ confusion, trouble speaking or understanding
- ✓ trouble seeing in one or both eyes
- trouble walking, dizziness, loss of balance or coordination
- ✓ severe headache with no known cause

Note the time that symptoms started.

Blood Pressure Medication Record – to be filled out and updated with physician

Date started or changed	Dosage	Notes
	Date started or changed	Date started or changed Dosage



Blood Pressure Record

Important facts about blood pressure:

- Blood pressure is a measurement of the force of circulating blood against the artery walls.
- It rises and falls normally throughout the day.
- High blood pressure increases risk for heart disease, stroke, kidney disease and other conditions.
- High blood pressure generally has no symptoms.
- High blood pressure can often be prevented with healthy lifestyle behaviors (including healthy nutrition and physical activity) and managed with medications.

Steps you can take to prevent and manage high blood pressure:

- · Maintain a healthy weight.
- · Be physically active.
- Keep alcohol intake moderate—no more than 1 drink/day for women and 2 drinks/day for men.
- Eat healthy foods; avoid high-sodium foods.
- Don't smoke.
- Manage stress.
- · Take medications as prescribed.

High blood pressure is a major risk factor for stroke and heart attack.

BLOOD PRESSURE CATEGORIES			
CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HYPERTENSION STAGE 1	130-139	or	80-89
HYPERTENSION STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Blood Pressure Record				
Date	Time	Blood pressure & Pulse	Notes	

Blood Pressure Record			
Date	Time	Blood pressure & Pulse	Notes

Tips for taking an accurate blood pressure at home:

- Avoid eating, smoking, and exercising for at least 30 minutes prior to taking a blood pressure reading.
- Sit with feet flat on the floor for 5 minutes before taking blood pressure—do not cross legs.
- Take blood pressure on bare arm—not over clothing.
- Rest arm on table; place cuff on arm according to instructions provided with your automatic unit.
- If blood pressure is higher than your treatment goal, stay seated, wait 5 to 10 minutes, and take a second reading.
- Empty bladder if needed.

Examples of notes for the Blood Pressure Record "Notes":

- Recent (same day) exercise, including timeframe and intensity.
- · Recent missed doses of blood pressure medications.
- Record any changes in medication, including dose, time, and side effects.
- Rechecked reading (wait at least 5 minutes).
- Anything that could have affected your blood pressure reading.



Blood Pressure Record			
Date	Time	Blood pressure & Pulse	Notes

Blood Pressure Record			
Date	Time	Blood pressure & Pulse	Notes