



# My High Blood Pressure Care Book



Name \_\_\_\_\_



# My High Blood Pressure Care Book





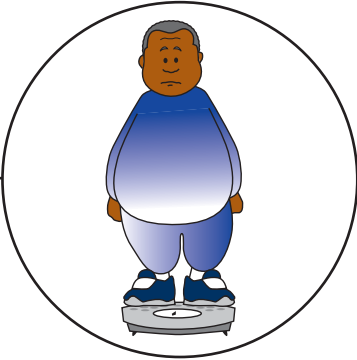
# What can cause high blood pressure?

High blood pressure can be caused by:

■ Not being active.



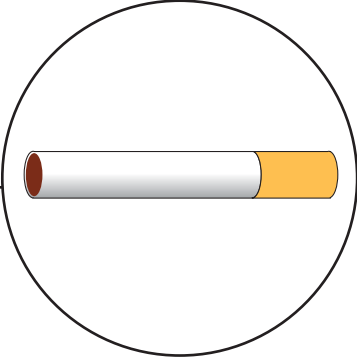
■ Weight gain.



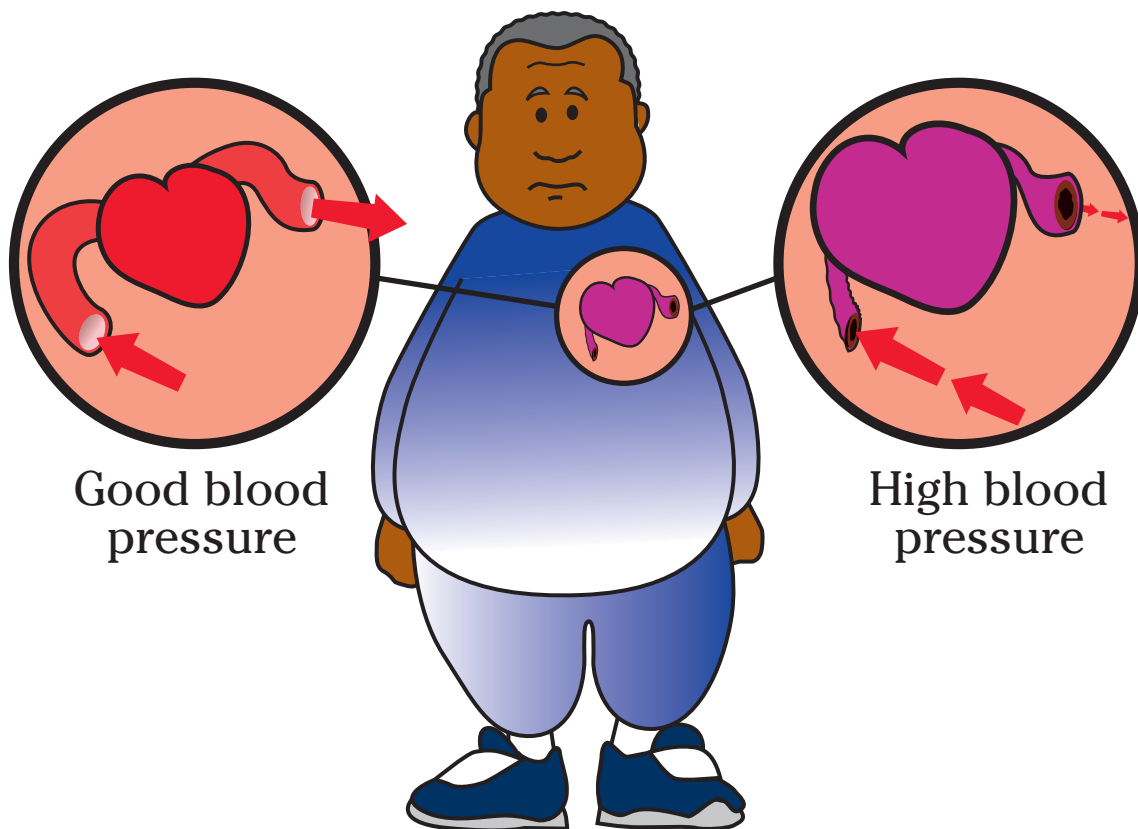
■ Eating salty foods.



■ Smoking.



## What is high blood pressure?



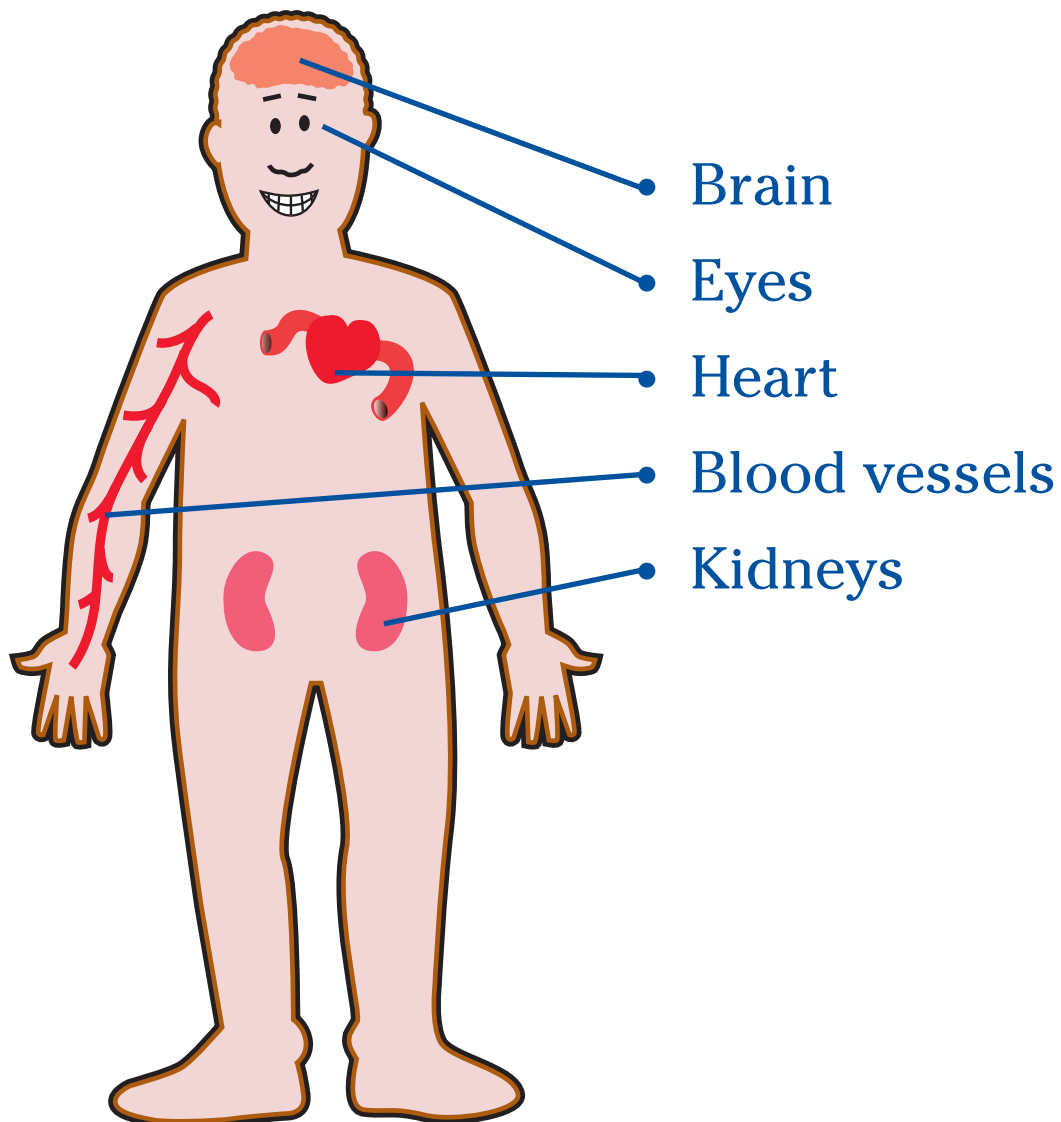
- Another name for high blood pressure is hypertension (hi-per-ten-shun).
- High blood pressure means that my heart is working harder to pump blood throughout my body.

## What can happen if high blood pressure is not controlled?

**My heart must work harder to push blood throughout my body. If I do not take care of my high blood pressure:**

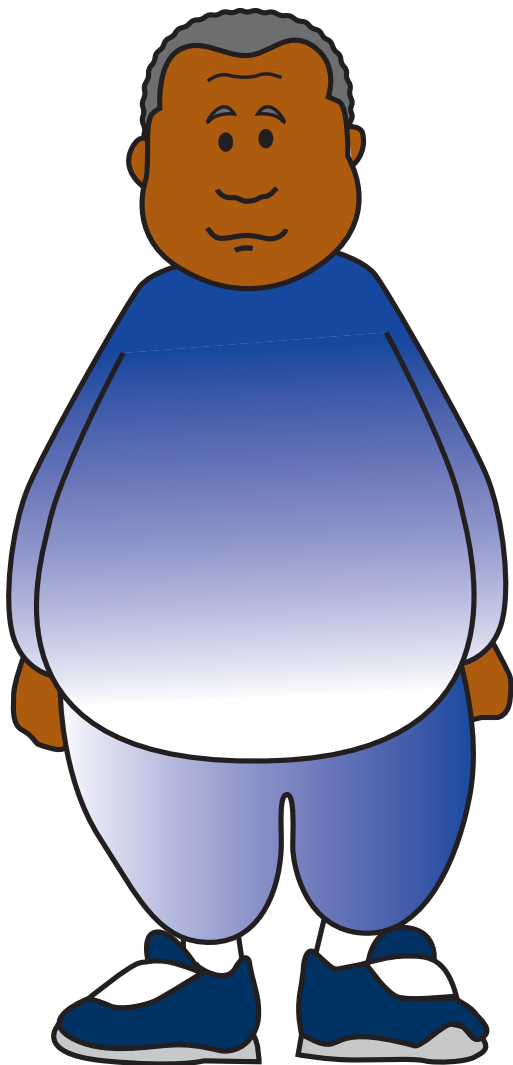
- My heart may get larger.
- My blood vessels may get blocked.

Because of this, I could get problems with my:



## How do I feel when I have high blood pressure?

I may not feel any different when I have high blood pressure.



I feel good.

But sometimes, high blood pressure can cause some symptoms.



I get headaches.

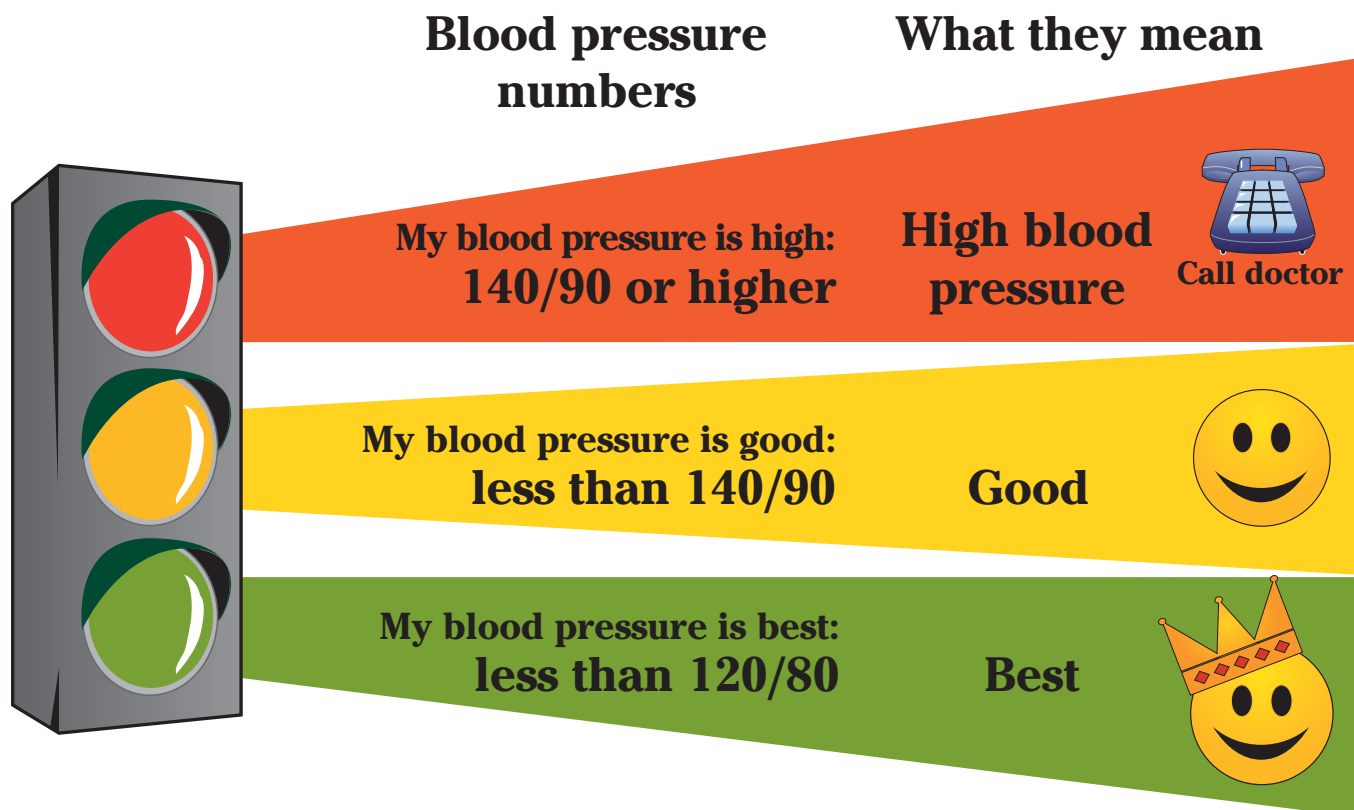


I feel dizzy.

The best way I can find out if I have high blood pressure is to get my blood pressure checked by my doctor.

## What my blood pressure numbers mean

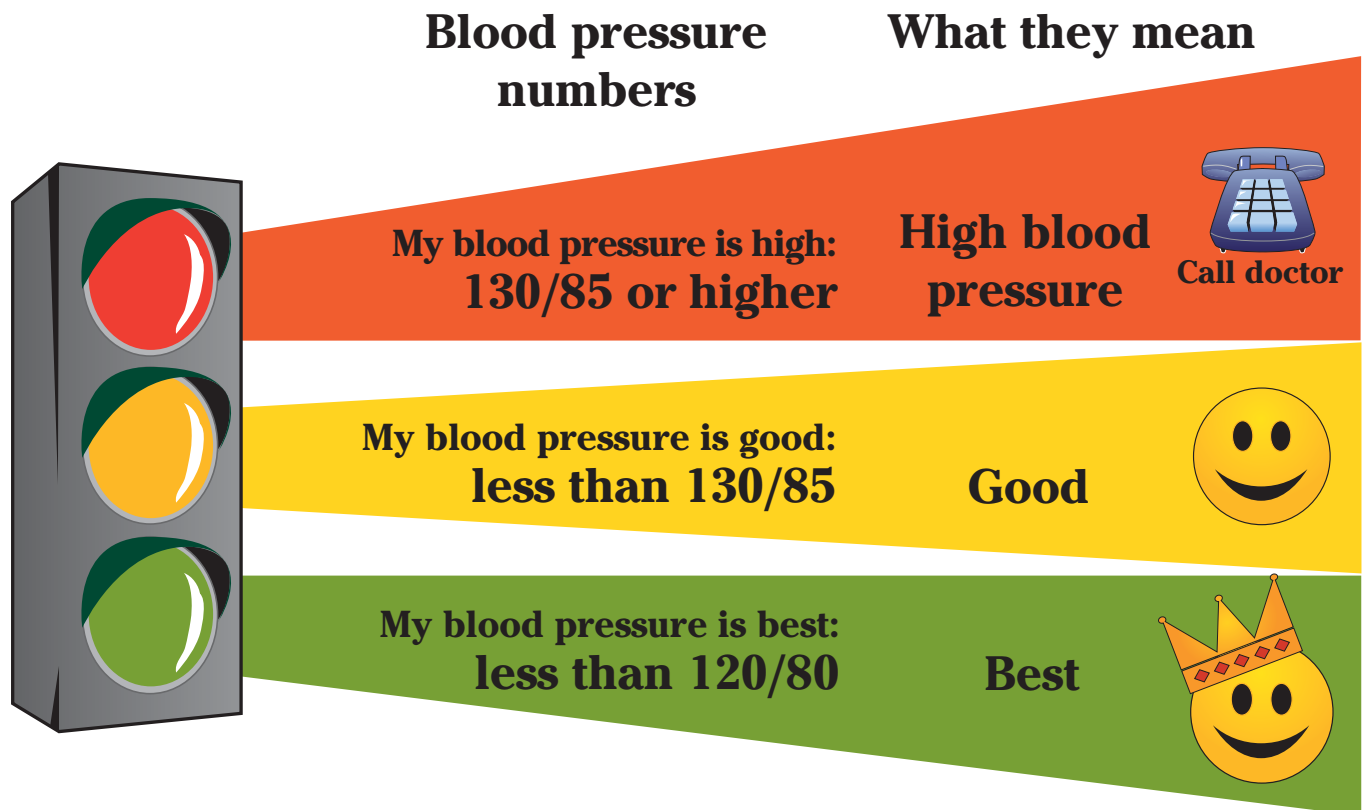
For most people:



- I have high blood pressure if 2 different blood pressure readings at different times show either:
  - A top number of 140 or higher
  - or
  - A bottom number of 90 or higher

## What my blood pressure numbers mean if I have diabetes

### People with diabetes:



- I have high blood pressure if 2 different blood pressure readings at different times show either:
  - A top number of 130 or higher
  - or
  - A bottom number of 85 or higher

## Questions for my doctor



### What I will ask my doctor:

- What are my blood pressure numbers?
- What should my blood pressure numbers be?
- How often should I check my blood pressure?
- What is my blood pressure goal?

### Set a blood pressure goal with my doctor!



My blood pressure goal:

My top number goal:

My bottom number goal:

## Changes I can make to control my blood pressure

**Be physically active.**



Being physically active will help make my heart stronger and lower my blood pressure.



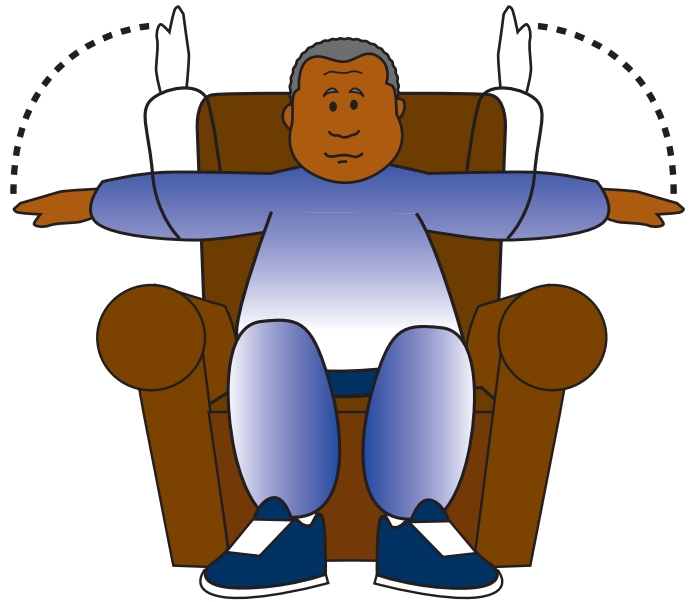
**Check with my doctor to make sure that my exercise activity is okay.**

## Changes I can make to control my blood pressure

Try for 30 minutes of exercise on most days. Check with my doctor first.



Sweeping



Chair exercises  
(arm curls)



Dancing






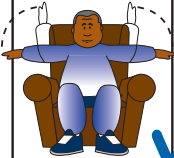


Jogging

# Changes I can make to control my blood pressure

## Tracking my activities.

Keep a calendar like the one shown here.

- Write down each activity I want to do.
- Place a ✓ under each day that I do the activity.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week One	 walking ✓		 Sweeping ✓				 dancing ✓
Week Two		 arm curls ✓		 walking		 dancing	

I will try the following activities: 

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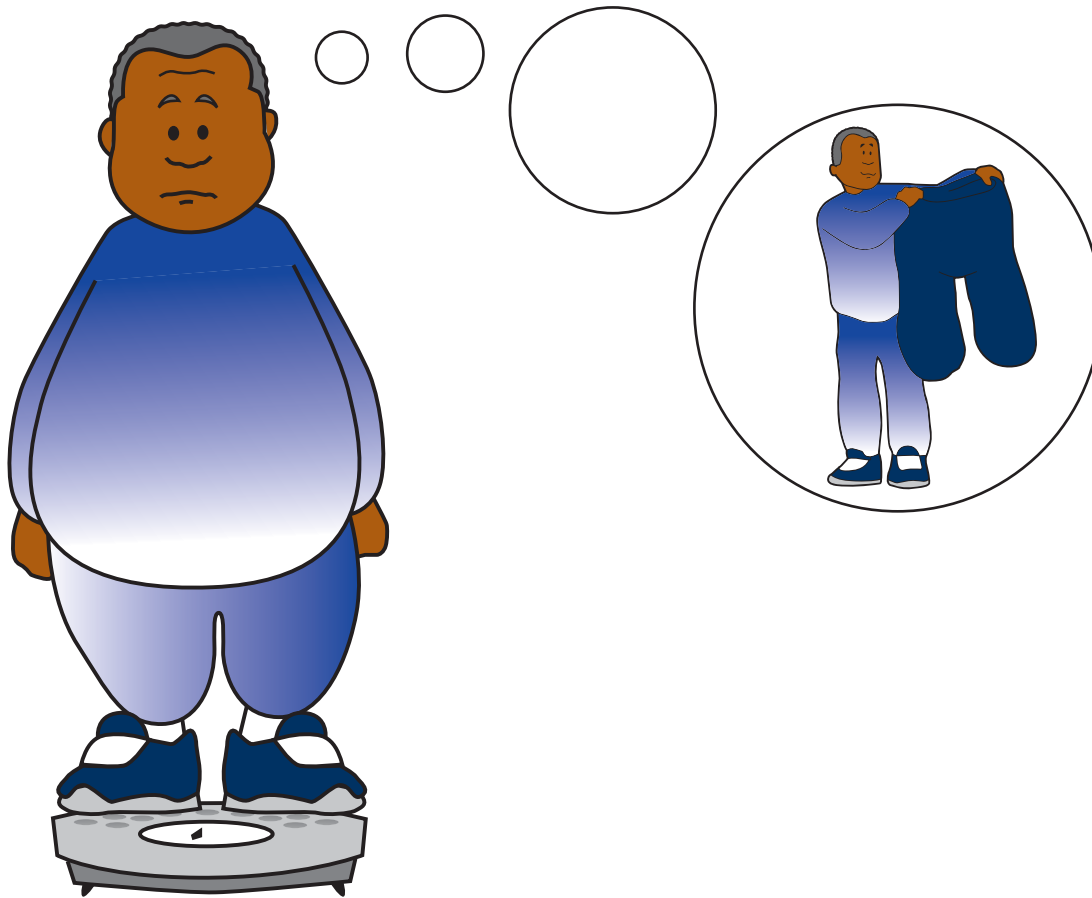
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**Use my calendar to write down my activities each week.**

## Changes I can make to control my blood pressure

### Lose weight.



- Losing weight will help lower my blood pressure.
- I will ask my doctor about a weight goal that is healthy for me.
- I will ask my doctor about food choices that will help me reach my weight goal.

**Set a weight goal with my doctor!**

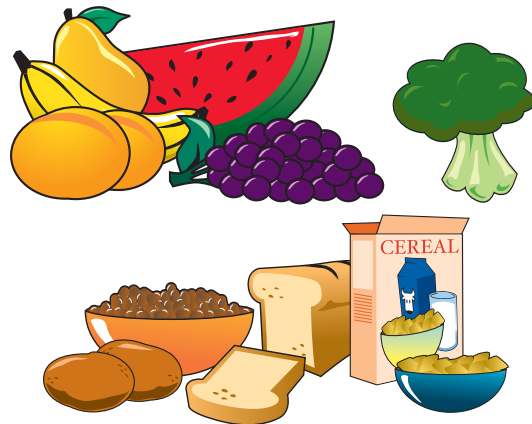


My weight goal is:

## Changes I can make to control my blood pressure

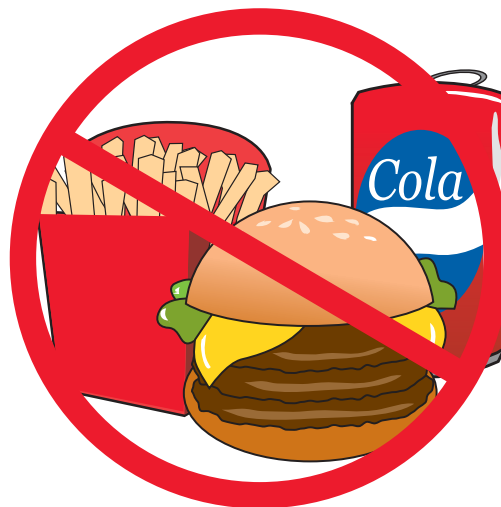
### Eat healthy foods.

- If I eat healthy foods, my heart will not have to work so hard.



Grains, fruits, and vegetables

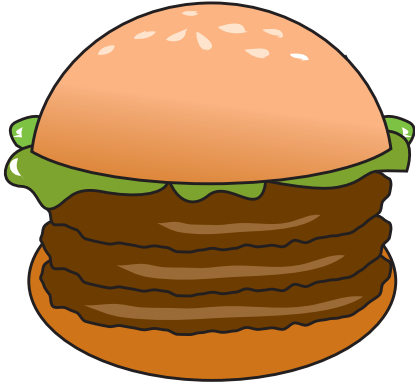
- I have to be careful about the amount of food and the kinds of food I eat.



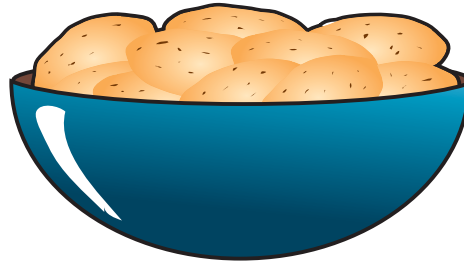
Fast foods

## Changes I can make to control my blood pressure

Circle all the foods that I would choose to eat at my next meal: 



Triple burger



Potato chips



Cola



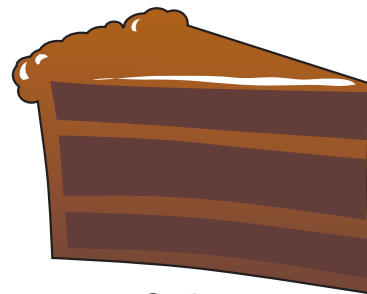
Skim milk



Fruit



Broccoli



Cake



Canned corn



Salad

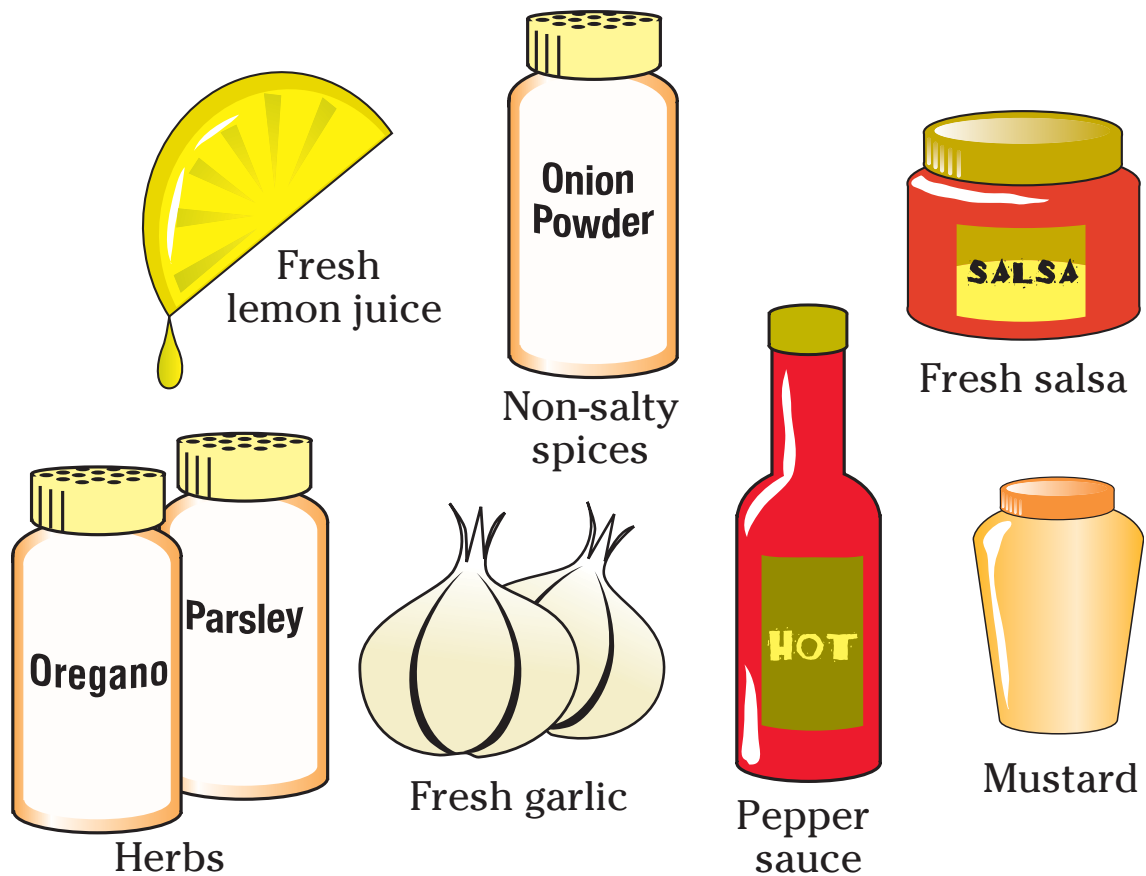
## Changes I can make to control my blood pressure

### Eat less salt.

Do:

- Eat frozen or fresh vegetables instead of canned vegetables.
- Eat low-salt or no-salt snacks.
- Use herbs and non-salty spices.

Circle the ones that I will try: 



## Changes I can make to control my blood pressure

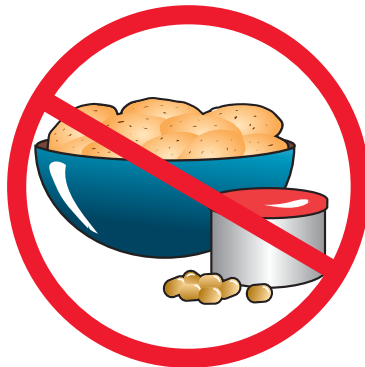
### Eat less salt.

#### Don't:

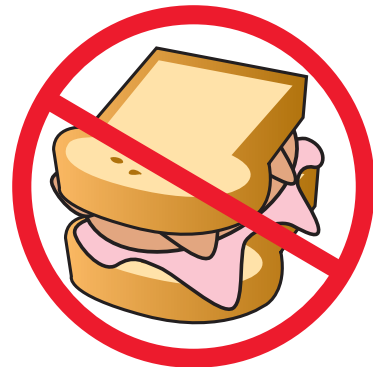
- Add salt to foods before I taste them.
- Eat a lot of cold cuts.
- Eat a lot of fast foods.



Salt



Chips and nuts



Cold cuts



Canned foods



Fast foods



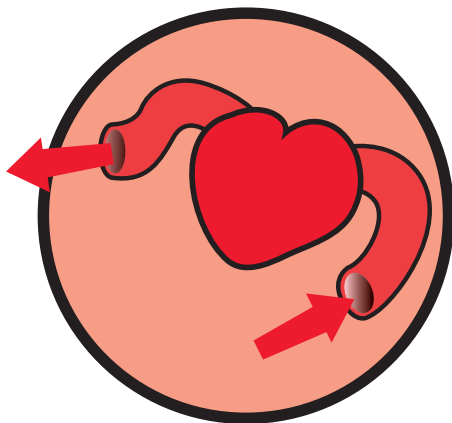
Pickles and olives

## Changes I can make to control my blood pressure

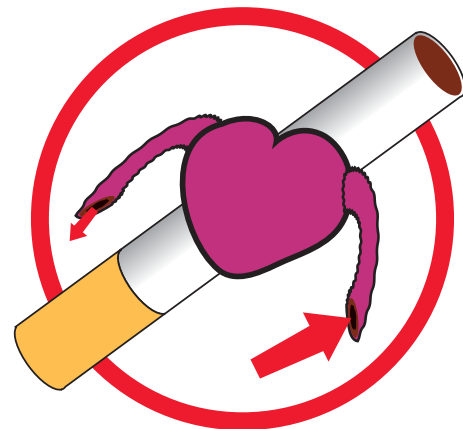
### Don't smoke.



- Smoking causes my blood vessels to be narrower.
- It is difficult for my heart to pump the blood through blood vessels that are narrower than normal.
- My heart works harder to pump the blood and may become damaged over time.
- If I stop smoking, my blood vessels will stay open and my blood will flow more easily.
- There are many things that can help me quit smoking.
- I will ask my doctor about ways to stop smoking.



Non-smoker's  
heart



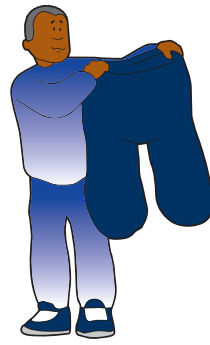
Smoker's  
heart

## Changes I can make to control my high blood pressure

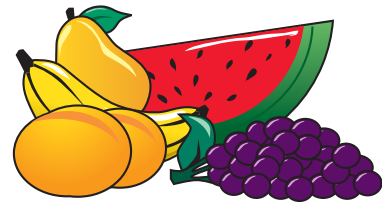
Circle the things I will try to control my blood pressure:



Be physically active.



Lose weight.



Eat healthy foods.



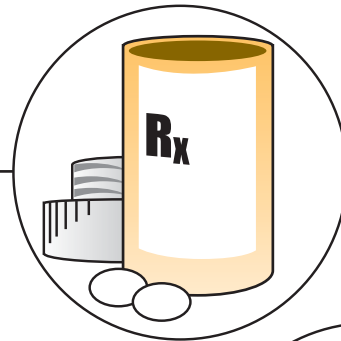
Don't smoke.



Eat less salt.

## What I should know about high blood pressure medicines

- I will take my medicine the right way every day.



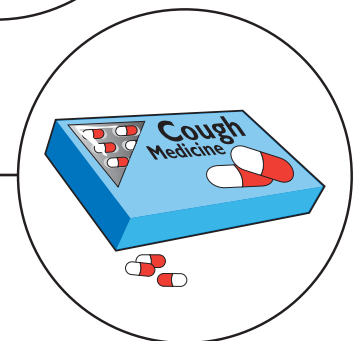
- I will ask my doctor if I have any questions about problems caused by my medicine.



- I will check with the pharmacist before I take any cold, cough, or flu medicines.



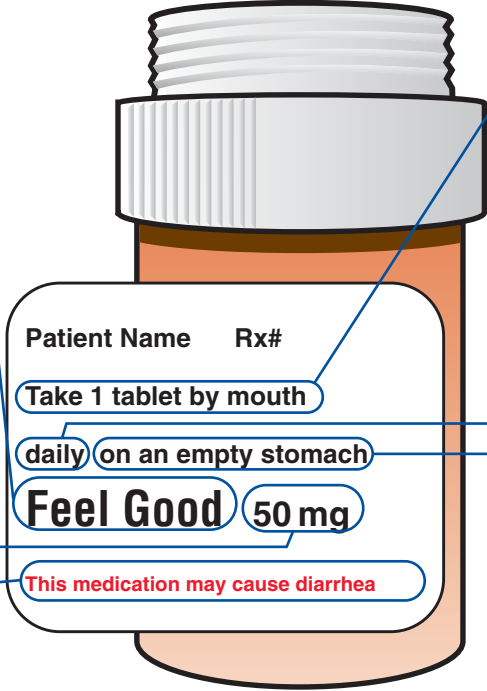
- I understand that cold, cough, or flu medicines can cause my blood pressure to go up.



**I will take my blood pressure medicine even when I feel good.**

## What I need to know about my blood pressure medicine

It is important for me to know what my medicines are for. I should also know the answers to all these questions about my medicine.

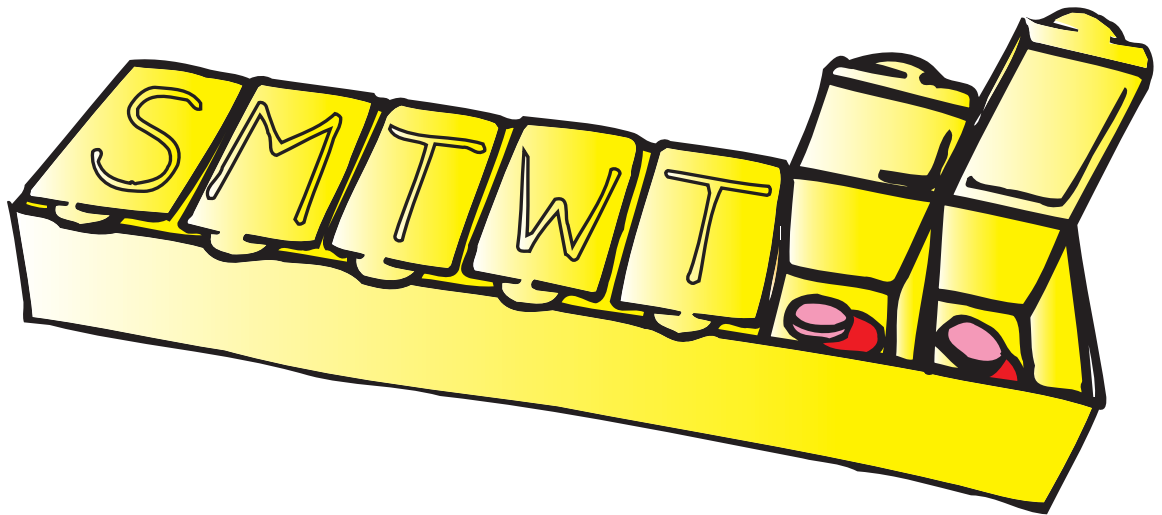


- What is the name of the medicine?
- What is the dose of the medicine?
- Does this medicine cause side effects?
- How much should I take each time?
- How often should I take this medicine?
- How do I take this medicine?



**Compare each new prescription to my old one. If they are not the same, talk to my doctor.**

## How can I take my medicines the right way?



Medicine pillbox

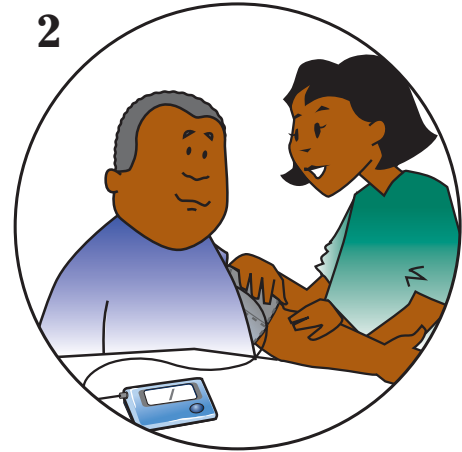
## How do I check my blood pressure at home?

1



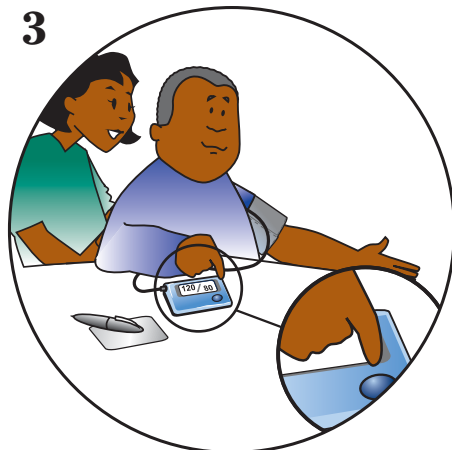
I will sit and rest for 5 minutes, and place my arm on a table.

2



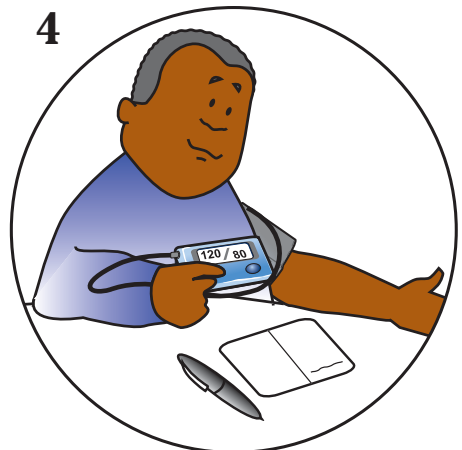
I will ask a family member to wrap the blood pressure cuff around my bare arm.

3



I will press the button to start the machine.

4



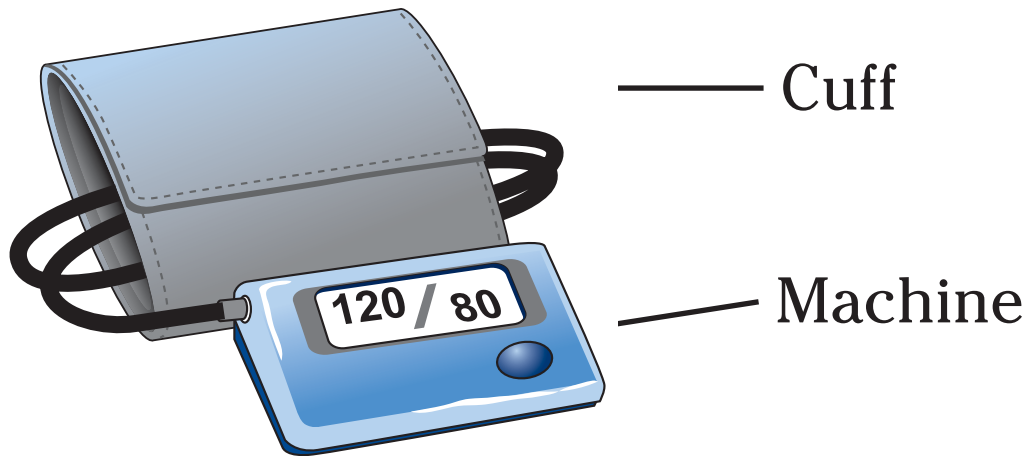
The machine will stop and show me my top and bottom numbers on the screen.

5



I will write down my blood pressure reading in my Passport to Health.

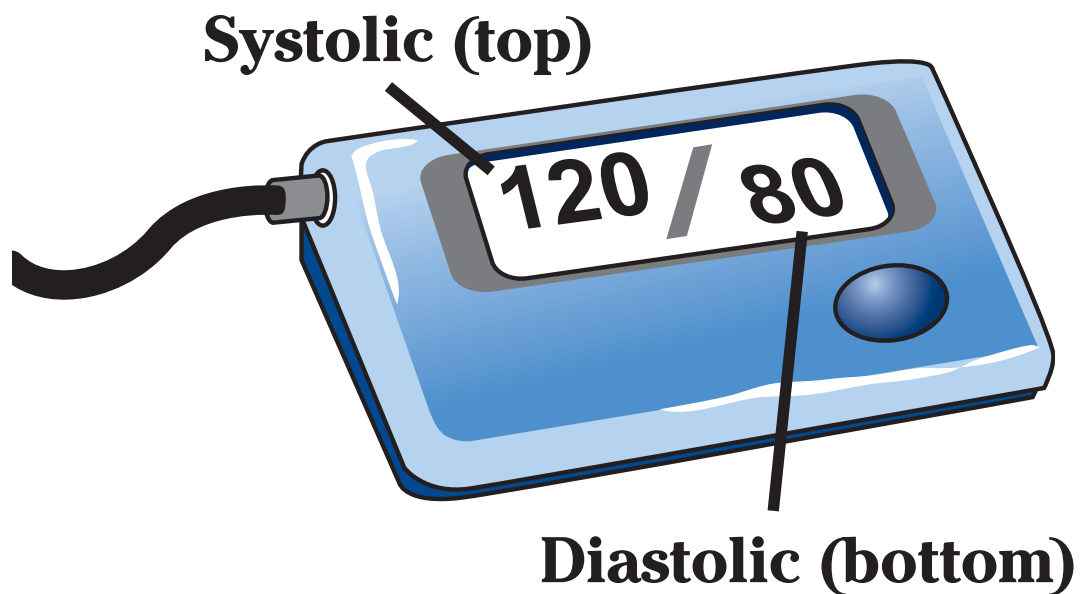
## Understanding my blood pressure numbers



Each time I check my blood pressure, I will write down 2 numbers:


- My systolic pressure (top number).
- My diastolic pressure (bottom number).

The 2 measurements together are my blood pressure.




## How do I keep track of my blood pressure numbers?

- Ask my doctor how often I should check my blood pressure at home.
- My doctor will discuss my blood pressure goals with me—what my top and bottom numbers should be.
- I will record my blood pressure numbers in my Passport to Health.



Weekly Blood Pressure			Weekly Blood Pressure		
Week #	Day	Blood Pressure	Week #	Day	Blood Pressure
Example	Monday	132 / 86	1		/
1		/	2		/
2		/	3		/
#		/	4		/
Day		/	5		/

My blood pressure goal is: \_\_\_\_\_/\_\_\_\_\_ 

# What are important ways to control my high blood pressure?

■ Be physically active. Check with my doctor first.



■ Take my medicines the right way every day.



■ Check my blood pressure.



■ Go to see my doctor every 3 to 6 months. Go more often if my doctor says to.



■ Lose weight.



# What are important ways to control my high blood pressure?

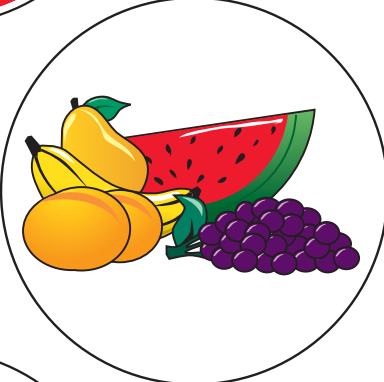
■ Don't smoke.



■ Eat less salt.



■ Eat healthy foods.



■ Ask my doctor questions about high blood pressure.









