Control Your Blood Pressure

- Take your medication as directed.
- Watch your diet.
- Reduce your intake of salt.
- Follow your doctor's instructions concerning alcohol and caffeine use.
- Stop smoking.
- Avoid stress; relax when you can.
- Exercise regularly.

Understanding Your Blood Pressure

SYSTOLIC:
Maximum pressure in blood vessels when your heart beats.

DIASTOLIC:
Minimum pressure in blood vessels when your heart relaxes between beats.

NORMAL: <130/<85

HIGH: 140>/90>

To help you stay healthy, St. Joseph Heritage Medical Group offers a variety of free Community Health Education events and free health screenings. For a calendar of upcoming events or to make an appointment with one of our medical experts, call toll free

1-888-313-4373.

Personal Blood Pressure Record

Courtesy of

St. Joseph Heritage Medical Group

Part of the St. Joseph healthcare family

Blood Pressure Readings for: _____

DATE	SYSTOLIC	DIASTOLIC