

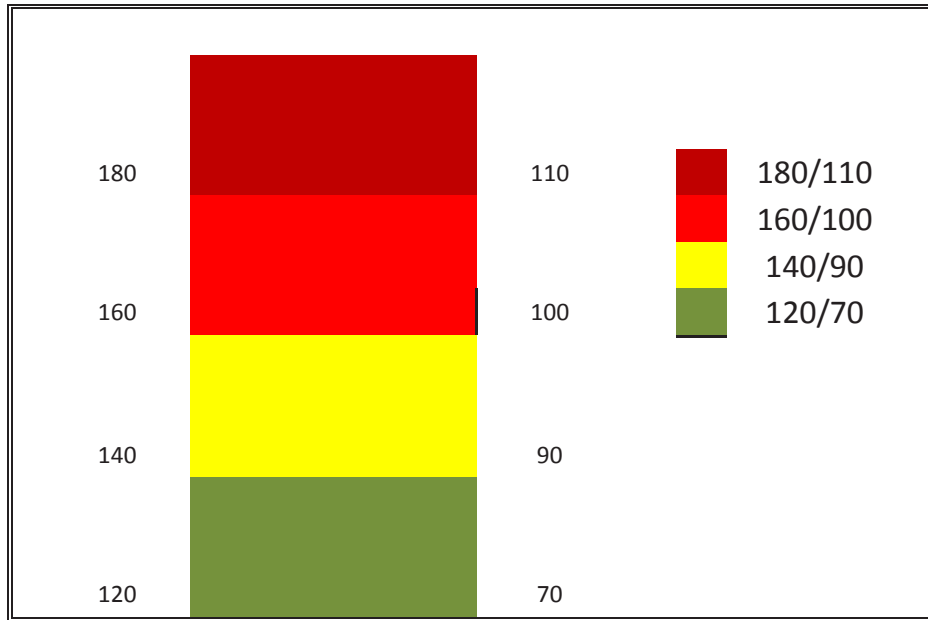
TOOL: BLOOD PRESSURE PATIENT WORKSHEET

SWEDISHAMERICAN HEALTH SYSTEM

WOODWARD HEALTH CLINIC

SWEDISHAMERICAN
A DIVISION OF UW HEALTH

Blood Pressure Chart



Blood Pressure

Your blood pressure today is: _____

It is important that the top number of your blood pressure is below 140; 120 is perfect.

The closer your blood pressure is to 120/70 the less chance you'll have of having a heart attack, stroke, or kidney disease.

You can help by lowering your daily use of salt (called sodium on food labels). Walking 30 minutes a day will help as well.

Action for your blood pressure:

- Decrease salt intake and exercise. Return in one month.
- Resume medications and recheck blood pressure in one week.
- Medication change and recheck blood pressure in two weeks.