

TAKE 2

...for testing

High blood pressure is the #1 modifiable risk factor for stroke. High blood pressure can damage arteries throughout the body. Weakened arteries in the brain put you at much higher risk for stroke.

Blood pressure is recorded as two numbers: Systolic (top number) which measures the pressure in the arteries when the heart beats and diastolic (bottom number) which measures the pressure in the arteries between heart beats.

Category	Systolic	Diastolic
Normal	<120	<80
Prehypertension	120-139	80-89
High	>140	>90

Blood pressure of 180/110 is a medical emergency.

Blood Pressure Record

Date/Time	Blood Pressure	Notes
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
_____	____ / ____	_____
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