

Chapter 1 : Free Blood Pressure Chart and Printable Blood Pressure Log

This blood pressure chart can help you figure out if your blood pressure is at a healthy level or if you'll need to take some steps to improve your numbers. Your total blood pressure reading is determined by measuring your systolic and diastolic blood pressures. Systolic blood pressure, the top.

Eating disorders , particularly anorexia nervosa and bulimia Shock is a complex condition which leads to critically decreased perfusion. Low arterial pressure, especially low pulse pressure, is a sign of shock and contributes to and reflects decreased perfusion. If there is a significant difference in the pressure from one arm to the other, that may indicate a narrowing for example, due to aortic coarctation , aortic dissection , thrombosis or embolism of an artery. Fluctuations in pressure that are significantly greater than the norm are associated with greater white matter hyperintensity , a finding consistent with reduced local cerebral blood flow [38] and a heightened risk of cerebrovascular disease. The rate of mean blood flow depends on both blood pressure and the resistance to flow presented by the blood vessels. Mean blood pressure decreases as the circulating blood moves away from the heart through arteries and capillaries due to viscous losses of energy. Mean blood pressure drops over the whole circulation, although most of the fall occurs along the small arteries and arterioles. Hemodynamics Most influences on blood pressure can be understood in terms of their effect on cardiac output and resistance the determinants of mean arterial pressure. There is some relationship between dietary salt intake and increased blood volume, potentially resulting in higher arterial pressure, though this varies with the individual and is highly dependent on autonomic nervous system response and the renin-angiotensin system. Increases or decreases in cardiac output can result in increases or decreases respectively in blood pressure. Other physical factors that affect resistance include: Vasodilators such as nitroglycerin increase the calibre of blood vessels, thereby decreasing arterial pressure. Homeostasis The endogenous regulation of arterial pressure is not completely understood, but the following mechanisms of regulating arterial pressure have been well-characterized: Baroreceptors in the high pressure receptor zones detect changes in arterial pressure. These baroreceptors send signals ultimately to the medulla of the brain stem , specifically to the rostral ventrolateral medulla RVLm. The most important arterial baroreceptors are located in the left and right carotid sinuses and in the aortic arch. This system is generally known for its long-term adjustment of arterial pressure. This system allows the kidney to compensate for loss in blood volume or drops in arterial pressure by activating an endogenous vasoconstrictor known as angiotensin II. This steroid hormone is released from the adrenal cortex in response to angiotensin II or high serum potassium levels. Aldosterone stimulates sodium retention and potassium excretion by the kidneys. Since sodium is the main ion that determines the amount of fluid in the blood vessels by osmosis , aldosterone will increase fluid retention, and indirectly, arterial pressure. The resultant increase in blood volume results in an increased cardiac output by the Frank-Starling law of the heart , in turn increasing arterial blood pressure. These different mechanisms are not necessarily independent of each other, as indicated by the link between the RAS and aldosterone release. When blood pressure falls many physiological cascades commence in order to return the blood pressure to a more appropriate level. The blood pressure fall is detected by a decrease in blood flow and thus a decrease in Glomerular filtration rate GFR. Further, the macula densa releases adenosine which causes constriction of the afferent arterioles. At the same time, the juxtaglomerular cells sense the decrease in blood pressure and release renin. Renin converts angiotensinogen inactive form to angiotensin I active form. Angiotensin I flows in the bloodstream until it reaches the capillaries of the lungs where angiotensin converting enzyme ACE acts on it to convert it into angiotensin II. Angiotensin II is a vasoconstrictor which will increase bloodflow to the heart and subsequently the preload, ultimately increasing the cardiac output. Angiotensin II also causes an increase in the release of aldosterone from the adrenal glands. The aldosterone system is directly targeted by spironolactone , an aldosterone antagonist. The fluid retention may be targeted by diuretics ; the antihypertensive effect of diuretics is due to its effect on blood volume. Generally, the baroreceptor reflex is not targeted in hypertension because if blocked, individuals may suffer from orthostatic hypotension and fainting.

Chapter 2 : Blood pressure: What is normal?

Blood pressure chart for adults. Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart.

BP Levels Table Notes for table directly above 1. Why did I do this? I searched high and low on the Internet, and I could find nothing like this in one place - a Summary of human BP range, the Averages, and the Comments relating to each BP level. How did I get the numbers? From there, I interpolated and extrapolated all the other numbers. Each individual will have a unique systolic-diastolic relationship. Fairly recently, the difference between Systolic and Diastolic pressure, named " Pulse Pressure ", has been gaining interest in the research community. This Pulse Pressure has been found to correlate linearly with heart attack risk - the higher the number, the higher the risk. This PP relationship at each pressure appears to be almost linear. As for the comments, I have "averaged" the references made in the literature, since not all doctors agree upon the pressures at which to treat, and how aggressively to treat multiple medications, type of meds, etc. Most doctors are not so aggressive. Remember that ALL medications have side effects. Heart medications have more serious side effects than any other class of prescription drugs. Be aware of the "Circadian Rhythm" cycle. Your Blood Pressure is highly influenced by the time of day. For normal people, the highest BP occurs about midday, and the lowest at about AM in the morning. For some people, described as "non-dippers", this early morning BP dip does not occur. For these people, highest blood pressure usually occurs around 6 AM to 9 AM in the morning. Some doctors are not aware of this, and make erroneous assumptions. Non-dipping is usually associated with abnormal sleep conditions, such as sleep apnea, heavy snoring, drug and alcohol abuse, etc. One blood pressure reading means very little. The advice to "Have your blood pressure checked once a year" is useless. What time of day? Had you eaten less salty foods recently? Were you relaxed that day, when you are usually much more stressed? Had you recently exercised vigorously? You must check your BP far more often than once a year, especially if you show "borderline" readings. Beware of "white coat syndrome", which results in a much higher BP reading than normal, due to the authoritative doctor, the foreboding, sterile exam room, and the smells such as alcohol and disinfectant. All this is not relaxing. As soon as you leave the office, your BP returns to normal. This is another great reason to use your own automatic BP wrist monitor, so that you come to know your own body, and the effects of stress, food, mood, sleep, and time of day. Three formulas are used to compute MAP. All three produce very similar results.

Chapter 3 : Blood Pressure Chart: Low Normal High Reading by Age Table - Disabled World

If your blood pressure is elevated -- systolic blood pressure between and or diastolic blood pressure of less than 80 -- your doctor will probably want to check it every months.

Blood pressure usually varies from person to person and there are different factors that influence BP. Eating habits and lifestyle can be a major reason behind affecting the normal pressure level in life. Meaning of blood pressure Blood pressure usually refers to force that restricts circulating of blood on the wall of blood vessels. The pressure gets decreased while blood flows through arteries, veins, arterioles and capillaries. Usually the term blood pressure is referred to arterial pressure and it signifies to pressure that occurs in larger arteries and restrict blood from reaching to the heart. What is meant by blood pressure log? While looking into a traditional blood pressure log, you can visualize that it is a graphical representation of different blood pressure readings that may be below or above the normal rate. This will further indicate whether the person is experiencing low or high blood pressure. You have possibility of calculating the predicted heart rate by making use of the below formula: This would indicate the problem you are presently encountering: Have a normal reading, but still a bit higher compared to reading that it should be. So, take proper measures to lower it. Having a very high blood pressure that indicates hypertension Importance of blood pressure log The blood pressure reading obtained by doctor actually captures a single moment reading which can often be influenced by white coat hypertension phenomenon. Therefore, it becomes vital for patients to maintain blood pressure chart. Monitoring BP at home helps you become actively involved in your health care. Tracking the progress and finally taking up right medications can be an effective remedy! In present time, there is a high chance of getting varied home blood pressure monitors. The most convenient way is to choose a monitor that comes with cuff and then slips into the upper arm. It automatically inflates while providing digital read-out. But, you need to be conscious that the cuff fits properly so that accuracy can be achieved in measurement. What is the purpose of blood pressure log? Have you ever thought why most people are now encountering problem with blood pressure? Due to stressful life and unhealthy lifestyle, most of us are now experiencing severe health problem. Blood pressure is known to be a delicate condition that demands constant monitoring. BP turns out to be abnormal in case you do not perform proper exercise and get inclined towards fatty foods. No matter what age group you belong to, BP can surely affect your body and neglecting the condition can cause multiple diseases. There are many reasons behind high BP: Emotional problems Lack of sleep Stress So, do you maintain a proper log? The chart will not only help you understand the pressure level, but also will give you chance to maintain BP according to age, weight and height. The range is also visible in your chart so that you can stay aware of your health status. Having your own log will certainly act as an advantage and you can stay away from any kind of cardio problem, hypertension and diabetes. Keeping a track of pressure reading will be beneficial for you and it give you ability to handle any complication in future. Need for maintaining blood pressure chart High blood pressure is known to be a medical condition that requires constant monitoring. Therefore, keeping the chart of blood pressure can help you eliminate all kind of complications. Blood pressure readings can be a helpful tool for monitoring the health condition. The log would contain information related to age, systolic pressure readings and diastolic pressure readings. Log may also act as an interpretation of your day-to-day activity. The safe and unsafe level of blood pressure will indicate when you are in need of medical attention. Based on health requirements, the chat is created. You can possibly download blood pressure log template free of cost and design your own chat with the assistance of template. Different types of blood pressure Blood pressure is categorized under: It is known to be the highest pressure that records while heart pumps blood. The lowest pressure that captures during relaxation of heart. So, have you encountered normal systolic pressure? It usually ranges from 90 to mm of Hg and in case of normal diastolic pressure it usually varies from 60 to 70 mm Hg. But still it is said that having a lower pressure in this category is better. Quitting of smoking and drinking Reducing weight Performing exercises The chart comes into account when you encounter problem with the pressure. It will also signify what category you belong to. The chart is usually divided into three main categories: Normal stage Hypertension stage 1 Hypertension stage 2 Therefore, it

becomes essential for every individual to gain knowledge about chart so that necessary treatment can be adopted while experiencing hypertension. Hypertension is not a difficult condition to cure, but certainly it demands patience and control. It is vital for anyone to adopt a proper diet and have enough rest. This can be a serious disease and so it is obvious for every patient to adopt precautionary measures beforehand. Essential elements available in chart There are different elements that should be mentioned in the chart: Mention date in log whenever you check the pressure Time: It is essential to test the pressure twice a day. Both in the daytime and night and mention it in your log book Pulse: It helps to record the beats over 60 seconds. In case your device fails to show the information, then visit a doctor and know your pulse rate. It is a top reading and comparatively larger than bottom reading. Make sure that the number is less than It is a lower reading and need to be smaller than top reading. It need to be lower than Need to state about your condition and way to feel the whole day. Known facts about blood pressure The main reason behind encountering such health condition is due to stress or because of mental pressure. Overweight, excess consumption of salt, smoking and alcohol can also lead to such condition. Though there are no specific signs or symptoms of high blood pressure, but it is usually recommended to every individual to test their pressure at least once in every two years. It is a chart that needs to be maintained for at least one week. Rather wait for 30 minutes and then consider having your measurement. In case you have consumed caffeine then you need to wait for longer duration about 2 hours before taking the readings. Caffeine has tendency to elevate your pressure for short time. Wide range of BP log template available that can give you opportunity to avoid designing template from scratch. Templates can easily be downloaded! Use them as per your requirement and have maximum advantage of it! How to make use of blood pressure chart? It is only possible when you have a proper chart in hand. But, lack of knowledge on how to prepare the chart can certainly put your effort in vain. So, you can choose our free download template that can give you an idea about ways to prepare the chart. Download the template and have printable blood pressure log. Track out different values that are responsible for causing such changes in your body and affecting blood pressure measurements. This can finally be of huge benefit to you as well as to your health. If you are encountering high blood pressure, there is a possibility of having heart disease, chronic kidney diseases, diabetes and other conditions that can have an adverse affect to health. Having a normal pressure ensures that you have adopted a healthy lifestyle and can easily prevent any kind of health conditions. In case you do not have a normal blood pressure, then it is needed to adopt a healthy lifestyle along with medication. The different stage charts that end with can surely illustrate any fatal high pressure scene. Low pressure is considered when it goes down to For your convenience, you can have as the point of reference and also have your age and get average systolic. Common questions asked about blood pressure log Q: How often blood pressure chart needs to be monitored? Once you know the purpose of the chart, the usage of it would depend on the result that you seek to obtain. Having a normal reading would not demand much attention. You can think of opting for bi-annual check-up so maintain stability in readings. Whereas, having low or high pressure will demand constant monitoring and you need to check often to see whether medication is acting appropriately. What would be the course of action after taking the readings? Check your daily routine and think where you need to change. Adopting the right course of action will definitely help you achieve positive results. You can implement few steps such as: Maintaining proper body weight Get involved into physical workout Reduce salt intake Take proper medication Having blood pressure log excel can definitely give opportunity to prepare the chart effectively. It is known to be an appropriate tool where data and readings can be maintained properly.

Chapter 4 : 56 Daily Blood Pressure Log Templates [Excel, Word, PDF]

Blood pressure numbers of less than /80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise. Elevated blood pressure is when readings consistently range from

Download Pregnant ladies should be much more conscious about their health than normal women. Get on the path of managing your blood pressure. The Blood Pressure Chart Template by age and weight and gender templates capture the variations in BP for bot children and adolescents as well. Bring back your blood pressure levels to normal with these. And Blood Pressure is inarguably one among them. As many doctors say, prevention is better than cure. The Blood Pressure Chart for elderly templates is designed in this regard for senior citizens. Start controlling your blood pressure with the BP chart for the elderly template. Because high blood pressure affects the blood flow to your organs and gradually, this increases your chances of developing heart disease. With these Blood Pressure Chart for Women templates, it is very easy to notice high, normal, and low blood pressure levels. They let you know when the medical intervention is needed. Download them now to know whether or not you are in healthy numbers? A good BP level leads to a healthy lifestyle and reduces the risk of the heart disease. If your blood pressure levels are above normal or high, try to reduce them in its initial stages itself. Your blood pressure readings mean a lot to your health. Though the blood pressure levels vary when you exercise and are under stress levels, it falls under somewhere over 80 and less than over 90 on a normal basis. Also, the BP reading varies from one posture to another. However, if we follow a healthy lifestyle, it would not be difficult to keep the uninvited problems at a bay. The pressure of the blood that flows in the circulatory system is called blood pressure. While recording the Blood Pressure the upper part or the numerator is called as systolic blood pressure and the lower part or the denominator is called as diastolic blood pressure. In this process, systolic blood pressure always gains more importance as it is always higher than the denominator. Systolic Blood Pressure measures the pressure in the arteries. You may also like.

Chapter 5 : Blood Pressure Chart

The pressure of the circulating blood decreases as blood moves through arteries, arterioles, capillaries, and veins; the term blood pressure generally refers to arterial pressure, i.e., the pressure in the larger arteries, arteries being the blood vessels which take blood away from the heart.

Normal blood pressure is vital to life. Without the pressure that forces our blood to flow around the circulatory system, no oxygen or nutrients would be delivered through our arteries to the tissues and organs. However, blood pressure can become dangerously high, and it can also get too low. In this article, we will discuss what blood pressure is, how it is measured, and what the measurements mean for our health. What is blood pressure? Without a pump or water tank, no water will flow. Hose pipe properties also affect water pressure. Similar principles apply for blood flow. Blood pressure is the force that moves blood through our circulatory system. It is an important force because oxygen and nutrients would not be pushed around our circulatory system to nourish tissues and organs without blood pressure. Blood pressure is also vital because it delivers white blood cells and antibodies for immunity, and hormones such as insulin. Just as important as providing oxygen and nutrients, the fresh blood that gets delivered is able to pick up the toxic waste products of metabolism, including the carbon dioxide we exhale with every breath, and the toxins we clear through our liver and kidneys. Blood itself carries a number of other properties, including its temperature. It also carries one of our defenses against tissue damage, the clotting platelets that prevent blood loss following injury. But what exactly is it that causes blood to exert a pressure in our arteries? Part of the answer is simple - the heart creates blood pressure by forcing out blood when it contracts with every heartbeat. Blood pressure, however, cannot be created solely by the pumping heart. Blood flows through our body because of a difference in pressure. Our blood pressure is highest at the start of its journey from our heart - when it enters the aorta - and it is lowest at the end of its journey along progressively smaller branches of arteries. That pressure difference is what causes blood to flow around our bodies. Arteries affect blood pressure in a similar way to the physical properties of a garden hose pipe affecting water pressure. Constricting the pipe increases pressure at the point of constriction. Without the elastic nature of the artery walls, for example, the pressure of the blood would fall away more quickly as it is pumped from the heart. While the heart creates the maximum pressure, the properties of the arteries are just as important to maintaining it and allowing blood to flow throughout the body. The condition of the arteries affects blood pressure and flow, and narrowing of the arteries can eventually block the supply altogether, leading to dangerous conditions including stroke and heart attack.

Measurement When the pressure from the arm cuff stops the pulse briefly, it gives the top figure of arterial blood pressure that we are familiar with from medical dramas - for example, "over 90". The device used to measure blood pressure is a sphygmomanometer, it consists of a rubber armband - the cuff that is inflated by hand or machine pump. Once the cuff is inflated enough to stop the pulse, a reading is taken, either electronically or on an analogue dial. The reading is expressed in terms of the pressure it takes to move mercury round a tube against gravity. This is the reason for pressure being measured using the unit millimeters of mercury, abbreviated to mmHg. Readings A stethoscope identifies the precise point when the pulse sound returns and the pressure of the cuff is slowly released. Using the stethoscope enables the person measuring the blood pressure to listen out for two specific points. Blood pressure readings consist of two figures - the systolic pressure first and the diastolic pressure second. The reading is given as, for example, over 90 mmHg.

Ranges Adapted from source The National Institutes of Health cite normal blood pressure to be below mmHg systolic and 80 mmHg diastolic. However, blood pressure changes naturally, a fact that is best described in a quote from cardiologists writing about blood-pressure variability in a paper published by Nature in March.

Tips The guidelines for doctors list the following measures patients can take to help keep a healthy blood pressure: Keep a healthy body weight. Eat a diet rich in fruits, vegetables, and low-fat dairy products. Cut down on sodium salt in the diet. Take regular aerobic exercise, such as brisk walking, for at least 30 minutes a day, most days of the week. Moderate your alcohol intake. Men should drink fewer than two alcoholic beverages a day for men. Women and men with a lower body weight should consume a maximum of one

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alcohol drink a day. Taking these steps can reduce the risk of health problems further down the line.

Chapter 6 : Blood Pressure Chart | racedaydvl.com

*Below is a blood pressure reading chart for you. *Remember that the larger figure in your reading represents the systolic value; the smaller figure represents your diastolic value. Systolic is the measurement of pressure when the heart is beating.*

What do the numbers mean? Everyone would like to have healthy blood pressure. But what exactly does that mean? The top number refers to the amount of pressure in your arteries during the contraction of your heart muscle. This is called systolic pressure. The bottom number refers to your blood pressure when your heart muscle is between beats. This is called diastolic pressure. Both numbers are important in determining the state of your heart health. Numbers greater than the ideal range indicate that your heart is working too hard to pump blood to the rest of your body. The American Heart Association AHA considers blood pressure to be within the normal range when both your systolic and diastolic numbers are in these ranges. Blood pressure readings are expressed in millimeters of mercury. This unit is abbreviated as mm Hg. However, you should maintain a healthy lifestyle and healthy weight to help prevent hypertension from developing. Regular exercise and healthy eating can also help. You may need to be even more mindful of your lifestyle if hypertension runs in your family. When your systolic pressure is between and mm Hg and your diastolic pressure is less than 80 mm Hg, it means you have elevated blood pressure. Elevated blood pressure has a good chance of turning into actual high blood pressure, which puts you at an increased risk of heart disease and stroke. No medications are necessary for elevated blood pressure. But this is when you should adopt healthier lifestyle choices. A balanced diet and regular exercise can help lower your blood pressure to a healthy range and help prevent elevated blood pressure from developing into full-fledged hypertension. This is considered stage 1 hypertension. However, the AHA notes that if you get only one reading this high, you may not truly have high blood pressure. What determines the diagnosis of hypertension at any stage is the average of your numbers over a period of time. The treatment for adults 65 and older who have significant health problems should be made on a case-by-case basis. Treating high blood pressure in older adults appears to decrease memory problems and dementia. Stage 2 Stage 2 high blood pressure indicates an even more serious condition. At this stage, your doctor will recommend one or more medications for keeping your blood pressure under control. Lifestyle habits are just as important in stage 2 as they are in the other stages. Some medications that can complement a healthy lifestyle include: You should seek emergency treatment if you have blood pressure in this range, which may accompany symptoms such as:

Chapter 7 : Blood Pressure Charts | What Does My Blood Pressure Reading Mean?

The Blood Pressure Chart can be a great aid in gaining control over your blood pressure, and ultimately your health. Enter your target blood pressure (this should be given to you by your doctor or caregiver).

Blood pressure is the force of blood against the artery walls. It rises during heartbeats and falls in between heartbeats. There are always two pressures expressed in blood pressure ranges, the systolic blood pressure and the diastolic blood pressure. The systolic blood pressure, the as illustrated in the blood pressure chart, is the pressure reading as the heart pumps blood out from the ventricle into the veins. The diastolic blood pressure, the 80 as illustrated in the blood pressure chart, is the resting pressure, which is between beats when the pressure decreases before the next heart pumping action. High blood pressure is termed hypertension, low blood pressure is hypotension. If there is no obvious cause for hypertension, which is often the case, it is called primary hypertension. What is considered high blood pressure? Hypertension is according to the latest blood pressure guidelines now defined as a systolic reading of mm Hg or higher or a diastolic reading of 80 mm Hg or higher. This a change from the old blood pressure guidelines for hypertension, which was a systolic reading of mm Hg or higher, and a diastolic reading of 80 mm Hg or higher. Summary of the latest blood pressure guidelines: A systolic blood pressure of mm Hg and a diastolic blood pressure under 80 mm Hg; High Blood Pressure Stage 1: A systolic blood pressure of a minimum of mm Hg or a diastolic blood pressure of a minimum of 90 mm Hg; Hypertensive Crisis: Researchers have found that blood pressure changes at 4 phases throughout life: During a period in late adult years, blood pressure will increase slowly and then reduces. According to one study, a decrease as well as increase in your blood pressure throughout middle age could significantly affect your lifetime cardiovascular disease risk. The study also found: Women that get hypertension by earlier middle age have a higher lifetime cardiovascular disease risk of Women generally had higher increases in blood pressure throughout middle age. At an average of 55 years old, The overall lifetime cardiovascular disease risk for people aged 55 years or more was The lifetime cardiovascular disease risk was higher among Blacks in comparison to Whites of the same sex, and went up with increasing blood pressure at middle age. Risks of high blood pressure 1. Brain damage The brain is dependent upon a nourishing blood supply to function correctly and survive. But hypertension can result in various complications, which includes: Dementia is a brain disease which results in difficulties with thinking, speaking, reasoning, memory, vision and movement. It can also be a consequence of strokes as a result of a disruption of blood flow to the brain. Either way, hypertension could be the reason. A stroke is when deprivation of oxygen and nutrients to the brain takes place, which causes brain cell death. Uncontrolled hypertension can result in stroke by the blood vessels in the brain being damaged and weakened, which causes the blood vessels to narrow, rupture or leak. Hypertension can also contribute to blood clots forming in the arteries, causing blocked blood flow in the brain and possibly leading to a stroke. Eye damage Blood is supplied to the eyes by small and delicate blood vessels. They can also be damaged by hypertension just like other blood vessels: Hypertension can damage blood vessels providing blood to the retina, resulting in a condition known as retinopathy. This condition can cause bleeding in the eye, which can lead to blurred vision and total vision loss. In a condition known as choroidopathy, fluid accumulates below the retina due to a leaky blood vessel. Choroidopathy can lead to distorted vision and in some instances scarring that will impair vision. In a condition known as optic neuropathy, the optic nerve is damaged by blocked blood flow. It can result in nerve cell death in the eyes, which can lead to bleeding within the eye or loss of vision. Kidney damage Excess fluid and waste is filtered from the blood by the kidneys, which is a process that is dependent on healthy blood vessels. The blood vessels in the kidneys as well as the blood vessels leading to the kidneys can be damaged when blood pressure is high, resulting in various forms of kidney disease. After a while, high blood pressure levels in a weakened artery can result in a section to enlarge and form an aneurysm, a bulge in the blood vessel wall. Aneurysms can rupture and bring about internal bleeding. Hypertension is one of the most common reasons for kidney failure because the large arteries which lead to the kidneys as well as the tiny blood vessels within the kidneys can be damaged. Kidneys cannot effectively filter waste from the blood if either of them are damaged, and

because of this, dangerous fluid and waste levels can accumulate. Heart damage Uncontrolled hypertension can damage the heart in various ways. Coronary artery disease has an effect on the arteries supplying blood to the heart muscle. Blood does not flow freely through the arteries when they are narrowed as a result of coronary artery disease. A heart attack or irregular heart rhythms can be experienced when blood does not flow freely to the heart. After a while, the strain on the heart caused by hypertension causes the heart muscle to weaken and work less efficiently. Eventually, the overwhelmed heart simply starts to wear out and results in heart failure. An enlarged left heart can develop when hypertension forces the heart to work harder than needed to be able to pump blood to the body. This results in the left ventricle thickening or stiffening, which can increase heart attack risk. Bone damage The amount of calcium in the urine can increase from high blood pressure levels. An excessive elimination of calcium can result in loss of bone density and osteoporosis. Sexual dysfunction Erectile dysfunction is much more likely to happen in men as they get older if they have hypertension. After a while, hypertension damages the blood vessel lining and will cause the arteries to harden and narrow, which restricts blood flow to the penis. The decrease in blood flow can make achieving and sustaining erections difficult for some men. Women can also experience sexual dysfunction as a result of hypertension. Here is some advice on how to choose the best blood pressure monitor. The best blood pressure monitor is a blood pressure cuff that fits around the upper arm. Choose an automated blood pressure cuff with a self inflating cuff and a large, bright digital readout. How to lower your blood pressure 1. Smoke free Every cigarette smoked raises blood pressure for a significant time after the cigarette is finished. Quitting smoking will help blood pressure go back to normal. Less alcohol Alcohol in moderation can potentially reduce blood pressure by approximately 4 mm Hg. Moderate alcohol consumption is generally 2 drinks per day for men and 1 drink per day for women. Consuming alcohol in excess can however increase blood pressure. Less salt sodium If you have hypertension, the smallest decrease of the sodium in the diet can reduce blood pressure by approximately 5 to 6 mm Hg. Sodium should generally be limited to 2, mg a day or less, although a lower sodium intake of 1, mg a day or less is better. Eating fewer processed foods will help reduce sodium intake as most sodium is added during processing, with just a little amount of sodium occurring naturally in foods. Healthy weight Blood pressure typically increases as body weight increases. Being overweight can also result in sleep apnea, which increases blood pressure even more. One of the best lifestyle changes for managing blood pressure is losing weight. The smallest amount of weight lost if overweight can help reduce blood pressure. Blood pressure can generally be reduced by approximately 1 mm Hg with every kilogram of weight lost. Exercise more If you already have high blood pressure, then exercising regularly for minutes per week, or about half an hour most days of the week, can reduce blood pressure by approximately 5 to 8 mm Hg. Consistency is important, because blood pressure can go up again if you stop exercising. If blood pressure is elevated, exercise can help prevent hypertension. Some kinds of aerobic exercise that can help to reduce blood pressure include walking, cycling, swimming or jogging. High-intensity interval training can be very effective for blood pressure reduction. Strength training can also help in reducing blood pressure. Consult your physician about creating an exercise program. Potassium in vegetables and fruit can help reduce the effects of sodium on blood pressure. Blood Pressure Chart Want to use this image on your site? Simply copy and paste the code below to embed the image on your page Want more articles like this? Get your dose of health by subscribing to our newsletter Your information will never be shared with any third party. You can unsubscribe anytime.

Chapter 8 : Blood pressure - Wikipedia

» Blood pressure, along with respiratory rate, heart rate, oxygen saturation, and body temperature, is an important and vital health indicator and is a measure of the force that your heart exhibits when pumping blood around the body.

Systolic or Diastolic No symptom in most of the cases. Headache, lightheadedness, palpitations and easy fatigability may occur. Still many are asymptomatic. Other symptoms depending upon the complications. Symptoms variable depending upon the specific type of hypertensive emergency. May cause immediate death. BP needs to be lowered urgently with special Anti-hypertensive regimens. Complications stroke, heart attack, encephalopathy, etc. Normal systolic blood pressure is 90 to mm of Hg and normal diastolic blood pressure is 60 to 79 mm Hg. Even in this range, the lower blood pressure is better. However, self-medication to reduce the blood pressure further should never be attempted. Unlike hypertension, hypotension is more likely to be due to a primary cause dehydration, heart disease, drugs, endocrine disease, etc. Borderline BP with no obvious cause can be treated with increased salt and water intake, regular mild exercises, cutting down on alcohol, etc. Drug therapy can be used if such hypotension is not amenable to these measures. Prehypertension is asymptomatic and currently anti-hypertensive drugs are not used for its treatment. Lifestyle modifications, if followed sincerely, are helpful and often bring down the blood pressure within the normal range. Stage 1 and Stage 2 hypertension require therapy with anti-hypertensive drugs to bring down the blood pressure. Lifestyle modifications are also necessary, but often it is not sufficient for satisfactory control of blood pressure. Hypertension is often asymptomatic in the early course of disease. Symptoms like headache, lightheadedness, palpitations and easy fatigability may occur and chances of them being present increases with increasing blood pressure. Extremely high levels of blood pressure, i. Delayed treatment in such cases may result in various hypertensive emergencies like stroke, heart attack, hypertensive encephalopathy, malignant hypertension, aortic dissection, etc. These conditions may cause death. Last Updated 13 November,

Chapter 9 : Blood pressure chart: What your reading means - Mayo Clinic

Human B.P. Range Diagram Textual Description. The 1st Number: Systolic pressure is the blood pressure when the heart muscle contracts. The 2nd Number: Diastolic pressure is the blood pressure when the heart is relaxed.

One of the important parameters of the body that needs to constantly be checked and measured is the blood pressure. With that said, putting up a checklist is a three-step process that anyone can conduct. One, you download a customizable template that you would like to use to record your data. Usually, the template is divided into rows and columns with details that you can edit in minutes. Lastly, you will need to generate a report for the results and issue to the patient in question. It gives two charts for resting heart rate or Pulse rate for both men and women of different ages and explains high blood pressure and normal blood pressure. Free Download Blood Pressure Chart Template Download The blood pressure chart template can be used to check whether the person is suffering from high blood pressure or not. Just enter the blood pressure in the template and it shows the result. Download Monitoring Blood Pressure Chart Template Download The monitoring blood pressure chart monitors the blood pressure of the individual. The chart looks like a Sphygmomanometer and when the blood pressure reading is given, it shows whether the person has high blood pressure or not. The data of systolic blood pressure and Diastolic blood pressure is written and checked with previous records. It explains the reason of high blood pressure using a chart and stores the blood pressure reading of few months to track. The age is mentioned on the left side while the BP data is documented on the right. The chart measures the BP of males. Two readings are taken each about two minutes apart in the morning and evening for six days. It is ready for print, so you can use it exactly as is. It is useful graph in spread sheet for daily use. The template is print ready. When patients visit health clinics, the first thing you should do is to measure their blood pressure. In the least, this helps to determine whether their hearts pump blood properly. The measure can either be normal or abnormal. A free blood pressure chart is just that a chart that is made with blood pressure against time for the most accurate and timely measure of blood pressure. Blood pressure charts have been used to measure high and low B. P conditions for a long time now and have been quite helpful. A blood pressure chart template is designed based on the necessity of the patient and the doctor. Before you download one of the sample blood pressure chart templates that we have got for free, you should know what a Chart Templates such as that is usually made up of. If you have any DMCA issues on this post, please contact us! You may also like.