MAX HEALTH MAINE, LLC

A FAMILY PRACTICE

Blood Pressure Tracking Chart

Date	Time	Systolic	Diastolic	Date	Time	Systolic	Diastolic	Date	Time	Systolic	Diastolic
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WHAT IS HIGH BLOOD PRESSURE? > 140/90 (*130/80 goal for *Diabetics and Heart Disease

Systolic is the higher number; Diastolic is the lower number. A HEALTHY GOAL is 135/80. Repeated, measurements above 140/90 means you have "HIGH BLOOD PRESSURE" and levels higher than this should be treated to reduced the otherwise higher risks of stroke and heart attach. High Blood pressure can also stiffen your heart and make it hard for it to pump well, or cause leaky valves. First "treat" your blood pressure by working to loose significant weight, and avoiding processed foods (which are usually really high in salt (to make them taste good)). One usually has 3-6 months to see if a concerted effort to loose weight will lower blood pressure: if not, you should take a pill.

AVOID STROKES & HEART ATTACKS - Control your blood pressure.

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Date	Time	Systolic	Diastolic	Date	Time	Systolic	Diastolic	Date	Time	Systolic	Diastolic
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