

Blood Pressure Monitoring Guide

Understanding Your Blood Pressure

Blood pressure measures the force of blood against your artery walls. Monitoring your blood pressure regularly can help you and your healthcare provider understand your health trends and make informed decisions.

Tips for Accurate Readings

Before checking your blood pressure:

- Sit quietly for 5 minutes
- Keep your feet flat on the floor
- Rest your arm at heart level
- Avoid caffeine, exercise, or smoking for 30 minutes before checking when possible

Keep a Record

Track:

- Date and time
- Blood pressure reading
- Heart rate
- Symptoms (if any)
- Medications taken

When to Seek Medical Attention

Seek urgent medical care if you experience symptoms such as:

- Chest pain
- Severe shortness of breath
- Sudden weakness or numbness
- Severe headache with neurological symptoms

Discuss your readings with your healthcare provider to determine the best plan for your health.

Medical Education Disclaimer: This guide is for educational purposes only and does not replace personalized medical advice.