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BLOOD PRESSURE LOG for _____

Sometimes our blood pressure readings at the office are falsely elevated and more accurate readings can be obtained outside of the office at:
-your home with an automatic arm cuff (I prefer arm cuffs to wrist cuffs please). Omron is a good brand.
-your home with someone else using a manual arm cuff
-a pharmacy or store automatic arm cuff

I would like you to monitor your blood pressure and get back to me with readings in the next 3-4 weeks. Ideally your blood pressure would run with the upper number less than 120 and the lower number less than 80, although in most cases we don't consider medications unless those numbers are over 140 / 90.

TIPS FOR ACCURATE BP READING
-take readings at a time when you are able to sit and rest for 30-60 minutes.
-take 2-3 readings 5-10 minutes apart and record the last reading
-use a chair with back support
-legs uncrossed, feet on floor
-support arm at heart level (rest on a table)
-no talking
-empty bladder first
-don't pick a "bad"/stressful day. Pick a normal day.

Date	Time	Blood pressure	Pulse	Comment
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