

High Blood Pressure

Every Day	▪ Take your medicine as directed ▪ Keep all doctor's appointments ▪ Don't smoke ▪ Eat a low salt, low fat diet ▪ Be as active as you are able ▪ Monitor your blood pressure ▪ Control your blood sugar if you have diabetes
Green Zone	ALL CLEAR! You are at goal when in this zone. ▪ Blood pressure at or below goal of: _____ to _____ top number [Systolic] _____ to _____ bottom number [Diastolic] ▪ Able to do normal activities ▪ No swelling of legs, hands, or face ▪ No headaches, dizziness, or changes in vision
Yellow Zone	CAUTION!! Call your doctor or nurse if... ▪ Your blood pressure is above target ▪ You have headaches ▪ New swelling of your hands, legs or face ▪ Change in energy level- feeling tired ▪ Dizzy, ringing in ears or trouble concentrating ▪ You are unable to tolerate your medicine
Red Zone	EMERGENCY!!! Call 911 or have someone take you to the Emergency Room if you have: ▪ Chest Pain ▪ Racing heart ▪ Trouble breathing ▪ Severe headache ▪ Confusion ▪ New trouble seeing in one or both eyes ▪ New loss of balance or coordination ▪ New numbness or weakness