

Blood Pressure Reading Chart

Name
John Doe

Date
November 15, 2023

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

American Heart Association. (2023, May 30). *Understanding blood pressure readings*. American Heart Association. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

Findings

Pressure: 135/80 mmHg
Hypertension stage 1
Heart rate: 82 bpm

Recommendations

- Monitor blood pressure regularly and maintain a log.
- Begin a daily brisk walk or exercise for at least 30 minutes to 1 hour.
- Adopt a heart-healthy diet to manage pre-diabetic conditions and lower cholesterol:
 - Increase consumption of fruits, vegetables, and whole grains.
 - Limit saturated and trans fats; opt for healthier fats like those found in olive oil.
 - Reduce sodium intake by choosing fresh, whole foods over processed options.
- Schedule a follow-up appointment in four weeks to assess progress.

Additional notes

- Patient has a BMI indicating overweight status.
- Pre-diabetic condition identified; dietary changes are crucial.
- Patient expressed willingness to explore suitable physical activities.