

# Senior Blood Pressure Chart

## Patient Information

Full Name:

Date of Birth:

Gender:

Patient ID:

Contact Number:

Email Address:

## Recommended blood pressure parameters for females 60-80 years old:

Age	Systolic (mmHg)	Diastolic (mmHg)
60-65	130 +/- 15	80 +/-10
66-70	135 +/- 15	85 +/- 10
71-75	140 +/- 15	90 +/- 10
76-80	145 +/- 15	95 +/- 10

## Recommended blood pressure parameters for males 60-80 years old:

Age	Systolic (mmHg)	Diastolic (mmHg)
60-64	<130	<80
65-69	130-139	80-89
70-74	140-159	90-99
75-79	160-179	100-109
80-84	>180	>110

## Patients Records:

Date/Time	Systolic	Diastolic	Interpretation

**Physician's Notes and Recommendations**

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_