

Know Your Numbers

Prevent stroke by monitoring your blood pressure

High blood pressure is the most common cause of stroke. 75% of Americans who have a stroke have high blood pressure.*



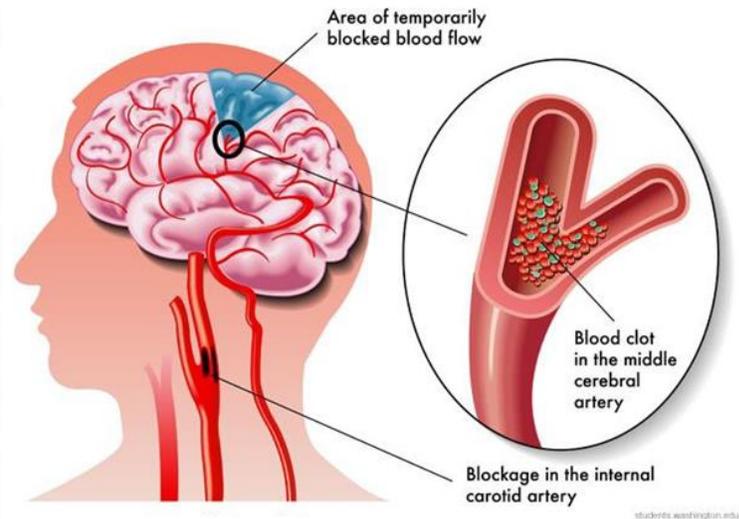
What is blood pressure?

The heart pumps the blood through the body through channels called blood vessels. **The pressure of the blood in these vessels is the “blood pressure”.**

If the blood pressure is too high, then the vessels can get damaged, clogged or even rupture and can cause strokes, heart attacks, damage to your kidneys and other organs.

High blood pressure is also called **hypertension**, but that does not mean you are “hyper,” or nervous.

A calm person can have high blood pressure and have no idea they have it unless it is checked using a blood pressure monitor. This is why high blood pressure is called the “silent killer”.



What to do if your blood pressure is too high?

- If medicine(s) have been prescribed to you, you need to take them.
- Movement matters, be active.
- Cut back on salt, if you have hypertension or prehypertension it is recommended you cut sodium intake to 1,500 mg**.
- Eat healthy, for example, follow the Dietary Approaches to Stop Hypertension (DASH) Diet**.

*[AHA/ASA strokeassociation.org](http://AHA/ASA_strokeassociation.org)

** nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf



COMPASS
COMPREHENSIVE POST-ACUTE STROKE SERVICES

Goal Setting and Instructions for Using Your Blood Pressure Log

Everyone is a little different, ask your doctor to tell you what your **upper** (“systolic”) and **lower** (“diastolic”) numbers should be and **what your “target” numbers are and write them in the target box.**

You may hear that better blood pressure control is when the upper number is under 130 and lower number under 80. →

Your Target Blood Pressure 	Upper number (Systolic) <input type="text"/>
	Lower number (Diastolic) <input type="text"/>

Things to remember:

- Take your blood pressure (BP) at least three times per week. COMPASS recommends taking BP once a day.
- For more accurate readings COMPASS recommends using a BP cuff instead of a wrist monitor.
- Log some BPs first thing in the morning, 30 minutes after taking your medicines, and log some BPs later in the day, or evening. Try to log your BPs around the same time each day.
- For an accurate reading, you should sit for a few minutes before taking your BP. If a reading is abnormal, wait a few minutes and take it again.
- It is VERY important to bring your BP log to every medical visit.



FLIP TO THE NEXT PAGE TO BEGIN LOGGING YOUR BLOOD PRESSURE

