BLOOD PRESSURE logbook

Personal information

First name(s): _____ Name(s): _____

Disease(s): _____

Pharmacy: _____ Tel.: _____

Family physician: _____ Tel.: _____

Specialist doctor: _____ Tel.: _____

In case of emergency: _____ Tel.: _____

Drugs, vitamins, supplements and natural health products

Drugs / Product	Dose	Time of day	I take it for:

What is blood pressure?

Blood pressure is the strength of the blood flow through the arteries with each contraction of the heart.

Blood-pressure monitoring is expressed by **two digits**:

- **The top number** represents the highest pressure exerted by the blood flow during the contraction of the heart. **That's the systolic pressure**.
- **The bottom number** represents the pressure remaining in the arteries between two heart contractions. **That's the diastolic pressure**.

Your blood pressure varies constantly over time. This is normal and indicates your body's adaptation to everyday living activities: exercise, changes in position, rest, stress, digestion, etc.

NOTES :

My target values of _____ /_____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

Why should I measure my blood pressure at home?

Monitoring your blood pressure at home is complementary to the clinical measurements performed by a health professional. Home measurements tell you if your blood pressure is higher **in the presence of health professionals or when done in the doctor's office**, for instance. The figures you get at home may provide a **more realistic picture of your blood pressure**.

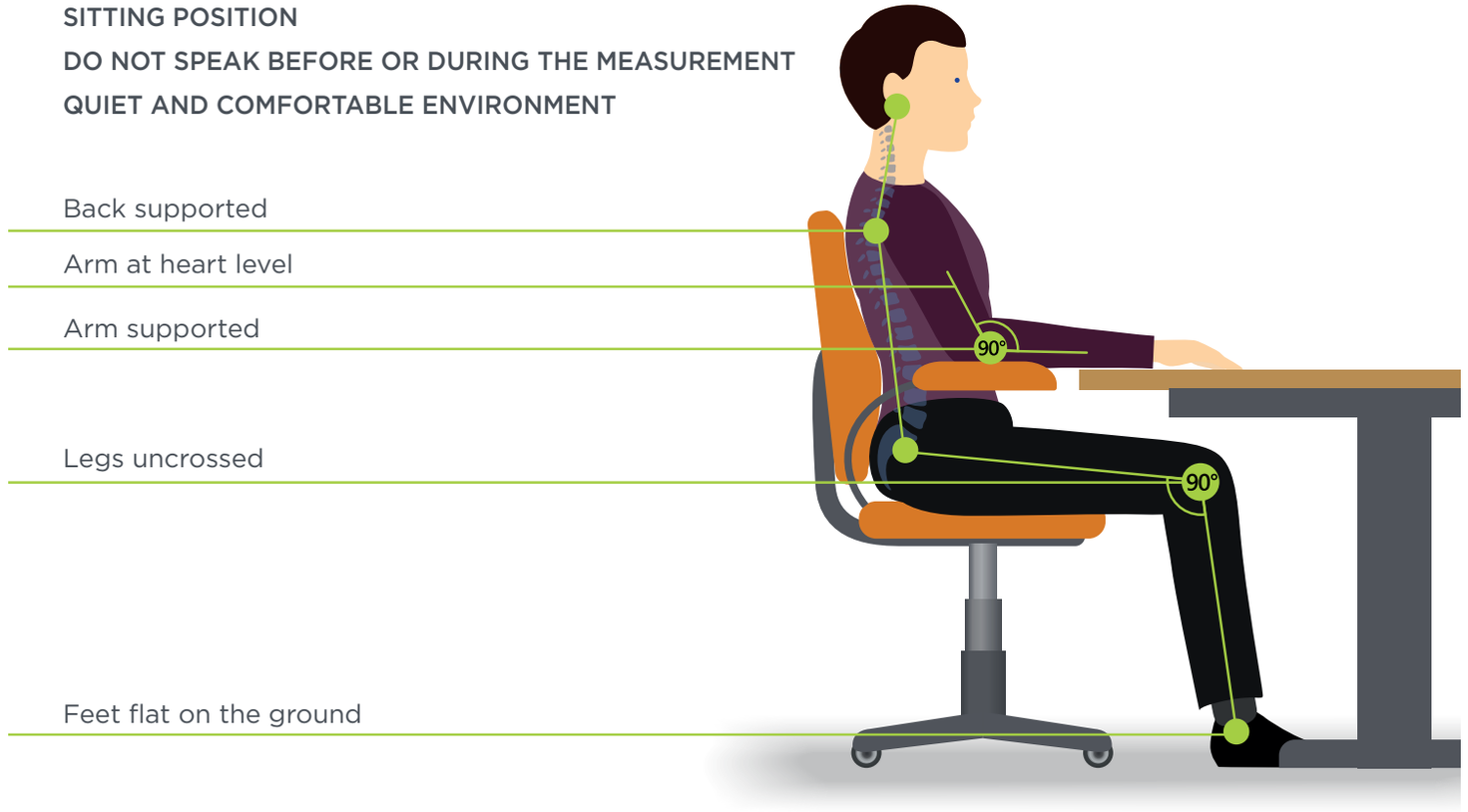
High blood pressure increases the risk of cardiovascular disease, stroke and kidney disease. **It is difficult to determine the exact cause of high blood pressure.** While dietary changes do not replace medication, they can increase the effectiveness of your treatment and reduce your risk of cardiovascular disease.

My blood-pressure targets are: ____/____ mm HG

SITTING POSITION

DO NOT SPEAK BEFORE OR DURING THE MEASUREMENT

QUIET AND COMFORTABLE ENVIRONMENT



My target values of _____ /_____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

My target values of _____ /_____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

Several factors can influence your pressure during monitoring. Here are some things to keep an eye on*:

- Rest for five minutes, sitting calmly, before measuring your blood pressure.
- When measuring your blood pressure, sit squarely with your back supported, knees forward and feet flat on the floor.
- Press your arm against a surface at heart level.
- Use an appropriately sized cuff. One that is too small may increase your blood pressure. Consult your pharmacist for the correct size.
- Don't smoke or drink coffee, tea, energy or caffeinated drinks 30 minutes before the measurement.

*This information is provided for information purposes only and does not in any way replace the advice or guidance of your healthcare professionals. Always consult a healthcare professional before making a decision about your medication or treatments.

Here's how to fill in your logbook:

- Rest for five minutes, sitting calmly.
- Enter the date.
- Record the systolic pressure measurement.
- Record the diastolic pressure measurement.
- Record your pulse.
- If necessary, add comments.

My target values of _____ /_____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

My target values of _____ /_____ mm HG.

Date							
Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

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Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

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Pulse							
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Pulse							
Comment							

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Time of day							
Arm							
Systolic							
Diastolic							
Pulse							
Comment							

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Systolic							
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Pulse							
Comment							

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Pulse							
Comment							