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A division of the American Heart Association.

Together to End Stroke®

Take care of your blood pressure toolkit



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With this toolkit, you've started your journey toward leading a longer, healthier life. Congratulations!

Our team at HCA Midwest Health knows that high blood pressure is serious – but it's also manageable. That's why we've proudly partnered with the American Heart Association on this program, so we can help community members lower their blood pressure and lower their risk for heart disease and stroke.

With this kit, you will learn a simple and efficient way to measure your blood pressure at home. This means you can also educate and encourage friends and family to do the same!

On the next pages, you will find:

- Diagrams on how to check your blood pressure accurately
- Tips to manage your blood pressure
- Local resources for health & wellness

One of the most important steps to control your blood pressure is keeping track of your results and talking to your doctor about them. A doctor can help you make changes to lower your blood pressure as needed.

We hope this toolkit helps you on your health journey.

Keith Zimmerman
President
HCA Midwest Health



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BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

DON'T SMOKE, EXERCISE, DRINK
CAFFEINATED BEVERAGES OR
ALCOHOL WITHIN 30 MINUTES
OF MEASUREMENT.

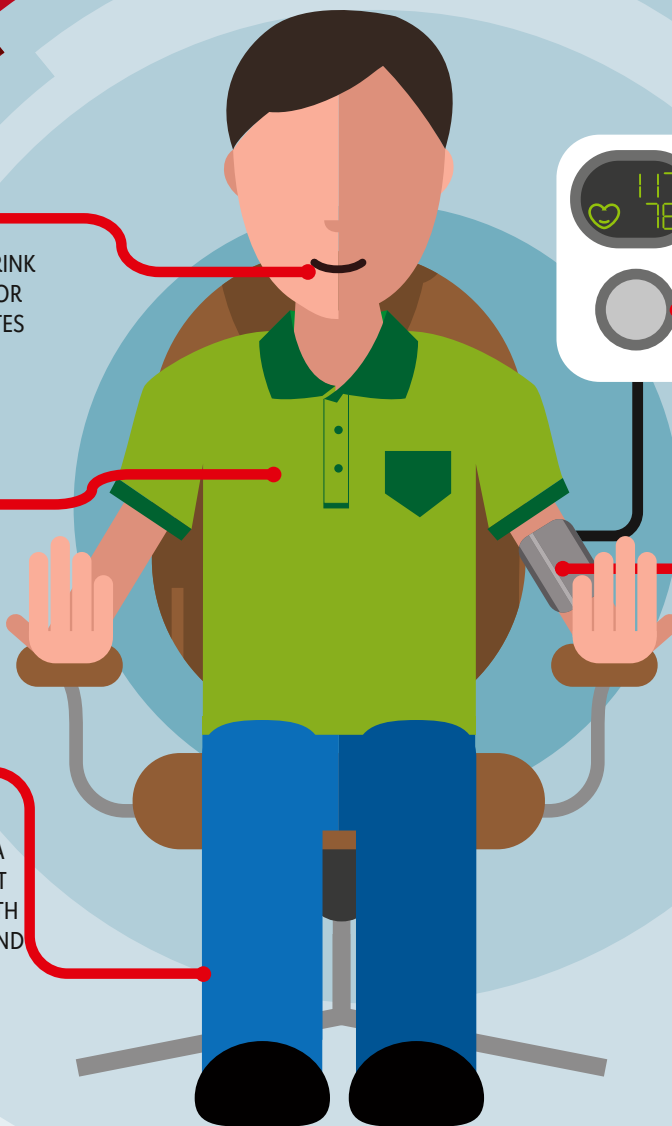
REST IN A CHAIR FOR AT LEAST 5
MINUTES WITH YOUR LEFT ARM
RESTING COMFORTABLY ON A
FLAT SURFACE AT HEART LEVEL.
SIT CALMLY AND DON'T TALK.

MAKE SURE YOU'RE
RELAXED. SIT STILL IN A
CHAIR WITH YOUR FEET
FLAT ON THE FLOOR WITH
YOUR BACK STRAIGHT AND
SUPPORTED.

TAKE AT LEAST TWO READINGS
1 MIN. APART IN MORNING BEFORE
TAKING MEDICATIONS, AND IN
EVENING BEFORE
DINNER. RECORD ALL RESULTS.

USE PROPERLY CALIBRATED AND
VALIDATED INSTRUMENT. CHECK
THE CUFF SIZE AND FIT.

PLACE THE BOTTOM OF
THE CUFF ABOVE THE
BEND OF THE ELBOW.



INSTRUCCIONES

PARA MEDIR LA PRESIÓN ARTERIAL

NO FUMES, NO HAGAS EJERCICIO NI TOMES BEBIDAS CON CAFEÍNA O ALCOHOL 30 MINUTOS ANTES DE MEDIRTE LA PRESIÓN.

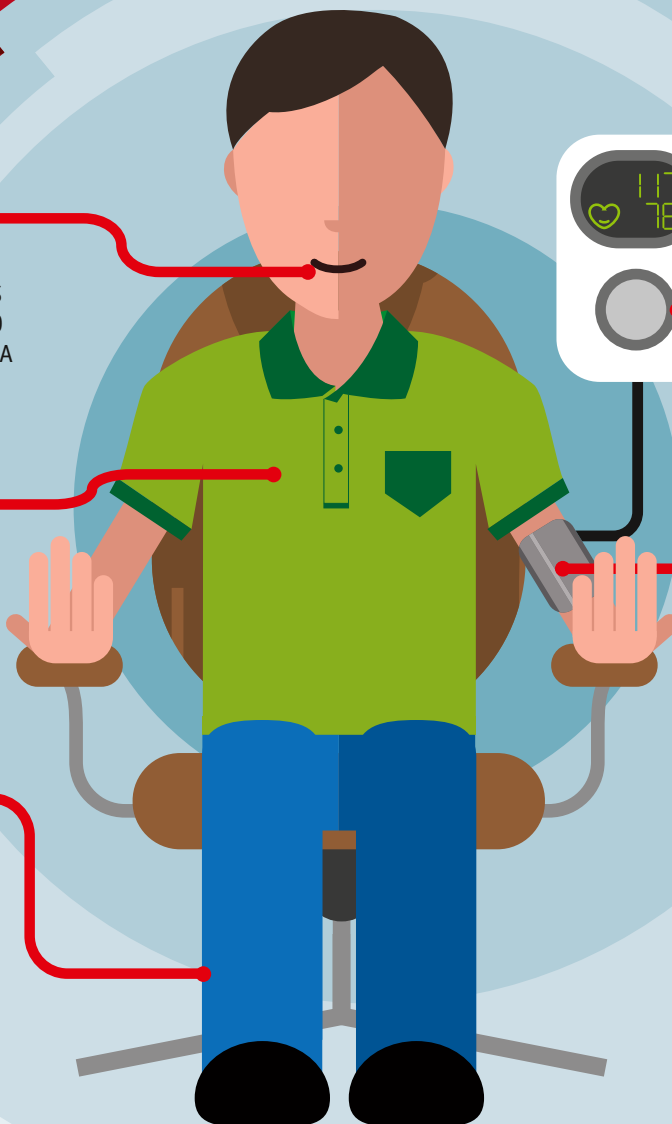
DESCANSA EN UNA SILLA POR AL MENOS 5 MINUTOS, CON EL BRAZO IZQUIERDO REPOSADO CÓMODAMENTE SOBRE UNA SUPERFICIE PLANA AL NIVEL DEL CORAZÓN, SIÉNTATE TRANQUILO Y NO HABLES.

ASEGÚRATE DE ESTAR RELAJADO. SIÉNTATE EN UNA SILLA CON LOS PIES PLANOS EN EL PISO, Y CON LA ESPALDA DERECHA Y APOYADA EN EL RESPALDO.

MIDE AL MENOS DOS VECES CON INTERVALOS DE 1 MINUTO EN LAS MAÑANAS ANTES DE TOMAR MEDICAMENTO, Y EN LAS NOCHES ANTES DE CENAR. REGISTRA TODOS LOS RESULTADOS.

USA UN INSTRUMENTO DEBIDAMENTE CALIBRADO Y VALIDADO. REvisa EL TAMAÑO Y AJUSTE DEL BRAZALETE.

COLOCA LA PARTE INFERIOR DEL BRAZALETE ARRIBA DEL DOBLEZ DEL CODO.





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How to measure your blood pressure at home

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

For accurate results, consider the following tips:

1. Measure your blood pressure before you take your medication.
2. Use the bathroom before you measure your blood pressure.
3. Avoid exercise, caffeine and tobacco at least 30 minutes before measuring.
4. Find a quiet space without distractions.
5. Sit with your back supported and both feet flat on the floor.
6. Rest your arm on a firm, flat surface with your palm facing up.
7. Place the blood pressure cuff on your bare upper arm just above your elbow.
8. Relax and rest your arm so the cuff is at the same height as your heart.
9. Rest quietly for five minutes before taking your blood pressure.
10. Avoid talking and using a phone, TV or other electronics.
11. When completed, write down your blood pressure numbers and your pulse.
12. Check your blood pressure at around the same time each morning and evening.
13. Share your numbers and any questions with your doctor.
14. For more information, visit LowerYourHBP.org

*This handout is provided for information only. It is not a substitute for medical advice from your doctor.



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Cómo Monitorear La Presión Arterial en Casa

CATEGORÍA DE LA PRESIÓN ARTERIAL	Sistólica mm Hg (número de arriba)		Diastólica mm Hg (número de abajo)
NORMAL	MENOS DE 120	y	MENOS DE 80
ELEVADA	120-129	y	MENOS DE 80
PRESIÓN ARTERIAL ALTA (HIPERTENSIÓN) NIVEL 1	130-139	o	80-89
PRESIÓN ARTERIAL ALTA (HIPERTENSIÓN) NIVEL 2	140 O MÁS ALTA	o	90 O MÁS ALTA
CRISIS HYPERTENSIVA (consulte a su médico de inmediato)	MÁS ALTA DE 180	y/o	MÁS ALTA DE 120

Este folleto se proporciona solo con fines informativos. No sustituye el consejo médico o como sustituto consejo de su doctor.

Para obtener resultados más precisos considere lo siguiente:

1. Tómese su presión arterial antes de tomar su medicamento.
2. Use el baño antes de tomarse la presión arterial.
3. Evite el ejercicio, la cafeína y el tabaco al menos 30 minutos antes de tomar su presión.
4. Encuentre un espacio tranquilo y sin distracciones.
5. Siéntese con la espalda apoyada y no cruce las piernas ni los tobillos. Mantenga los pies planos en el piso o con soporte.
6. Apoye el brazo sobre una superficie firme y plana con la palma de su mano boca arriba.
7. Coloque el brazalete de presión arterial en la parte superior del brazo descubierto, justo arriba del codo.
8. Relájese y descanse el brazo para que el brazalete esté a la misma altura que su corazón.
9. Descanse tranquilamente durante cinco minutos antes de tomarse la presión arterial.
10. Evite hablar y usar un teléfono, televisión u otros dispositivos electrónicos.
11. Cuando termine, anote los números de su presión arterial y su pulso.
12. Revise su presión arterial aproximadamente a la misma hora cada mañana y cada noche.
13. En su próxima visita al médico, asegúrese de compartir sus números obtenidos de su presión arterial.
14. Si tiene alguna pregunta, hable con su médico.
15. Para obtener más información, visite:

<https://www.heart.org/en/health-topics/high-blood-pressure/baje-su-presion>



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Libraries with Heart

Resources for Self-Measured Blood Pressure Monitoring

High blood pressure, also called hypertension, is a silent killer. Left untreated, it can lead to a heart attack or stroke. That's why it's so important to regularly check and monitor your blood pressure!

Learn How to Monitor Your Blood Pressure at Home

Watch the video and learn the correct way to check your blood pressure. Scan the QR code or visit: <https://bit.ly/3jCL3U7>



Learn Tips to Manage Blood Pressure

Learn tips to keep your heart healthy and manage your blood pressure. Scan the QR code or visit: <https://bit.ly/3UiAtSg>

Find Educational Materials at Your Local Library

Visit the Kansas City Library's website and find resources that support your health. Scan the QR code or visit: <https://kclibrary.org/community-reference/health-wellness>



Find Resources Near You

Find resources such as clinics, food pantries and food giveaways near you. Scan the QR code or visit: <https://www.findhelp.org/food/food-pantry--kansas-city-mo?cursor=0&limit=10>



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Bibliotecas con Corazón

Recursos para Monitorear su Presión Arterial en Casa

La hipertensión (presión arterial alta) es un asesino silencioso. Si no es tratada, puede provocar un ataque del corazón o un derrame cerebral. Es importante controlar y monitorear su presión arterial regularmente.

Aprenda a Controlar su Presión Arterial en Casa

Vea el video y aprenda la manera correcta de controlar su presión arterial. Escanea el código QR o visite el enlace:
<https://bit.ly/3jCL3U7>



Encuentre Consejos para un Corazón Saludable

Aprenda consejos para mantener su corazón saludable y controlar su presión arterial. Escanea el código QR o visite el enlace:
<https://bit.ly/3DxiHUr>

Encuentre Materiales Educativos en su Biblioteca Local

Visite el sitio web y encuentre recursos que podrán apoyar su salud:
<https://kclibrary.org/community-reference/health-wellness>



Encuentre Recursos Cerca de Usted

Encuentre recursos como clínicas, despensas de alimentos, y eventos de repartición de alimentos cerca de usted. Escanea el código QR o visite el enlace:
<https://www.findhelp.org/food/food-pantry--kansas-city-mo?cursor=0&limit=10>



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Local Resources for Care

Samuel U. Rodgers Health Center

www.samrodgers.org

816.474.4920

Swope Health

www.swopehealth.org

816.923.5800

KC Care Health Center

www.kccare.org

816.753.5144



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