

Healthy Living: Keep Track of Your Blood Pressure¹

Linda B. Bobroff and Leigh Ann Martin²

Every time you take your blood pressure, write down the date and time, the blood pressure measurement, and where it was taken (home, doctor's office, etc.). Not only that, but include any comments your health care provider made and anything you would like to note, such as how you feel or medications you recently started or stopped.

Talk to your doctor if you have questions about monitoring your blood pressure or hypertension. If you would like to learn more about blood pressure, visit one of these websites:

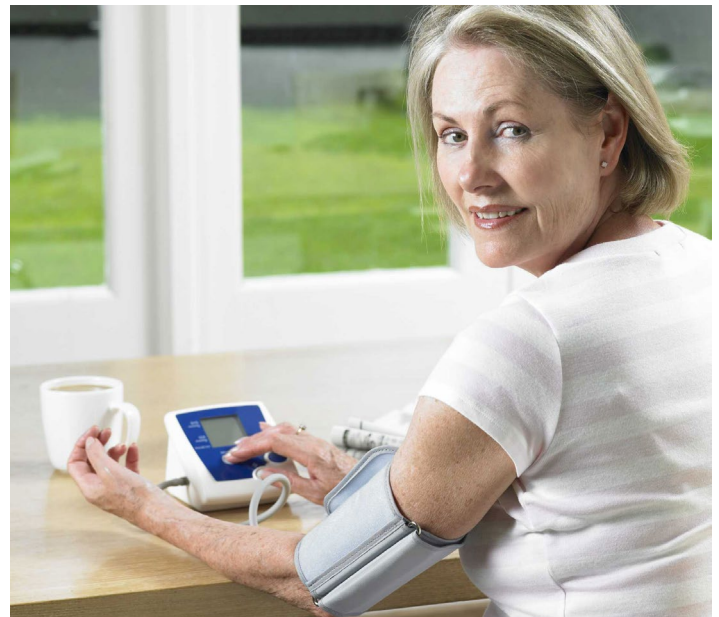
- <http://www.nhlbi.nih.gov/hbp/bp/bp.htm>
- <http://www.cdc.gov/bloodpressure/>
- <http://www.strokeassociation.org/STROKEORG/>



Credits: iStock

While your blood pressure will be checked when you see a health care provider, you can always check your blood pressure at home in between visits.

Checking your blood pressure on a regular basis will help you and your healthcare provider know how well your treatment plan is working.



Credits: BananaStock

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Date and Time	Blood Pressure	Place Taken	Comments
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