



Blood Pressure Categories

Category	Systolic/ Diastolic
Low risk	$\frac{120}{80}$
Medium risk	$\frac{121-134}{80-84}$
High risk	$\frac{135+}{85+}$

If you have **diabetes**, your blood pressure should be less than 130/80. If you are **over 80 years of age**, talk to your healthcare provider about the right blood pressure level for you.

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For more information, visit heartandstroke.ca


**Blood Pressure
 Record**





How to measure your blood pressure accurately:

- Do not exercise, smoke or drink coffee, tea or cola (any drink containing caffeine) in the 30 minutes before
- Do not measure your blood pressure when you are upset or in pain
- Empty your bladder or bowel
- Sit quietly with your back against a firm surface, your feet on the floor and your arm supported on a table at heart level for 5 minutes before and during measurement
- Use the same arm each time
- Wrap the cuff snugly around your bare upper arm, 3 cm above fold of elbow, at heart level
- Do not talk during the measurement
- Show your healthcare provider your blood pressure readings, especially if your readings are higher than 140/90

Note: Ideally, you should take your blood pressure twice a day – morning and evening – and write it down.

Date DD/MM/YY	Time AM/PM	Blood Pressure	
		Systolic	Diastolic
5 / 12 / 20	AM	123	82
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Tips: Choose a home blood pressure monitor recommended by Hypertension Canada at hypertension.ca. Talk to your doctor or pharmacist about selecting a proper cuff size.

