



Blood Pressure Chart

Name: _____

Date of birth: _____

Systolic BP (top number) mmHg

If more than 160/100mmHg see your GP as soon as possible for an urgent review.

(Plotted in the severe or moderate high blood pressure range in the chart)



Too High

More than 140/90 mmHg

If you have diabetes or protein in your urine your doctor may recommend your blood pressure target to be under 130/80mmHg



Healthy Levels

Under 140/90mmHg



Too Low

Under 90/60 mmHg

200
195
190
185
180
175
170
165
160
155
150
145
140
135
130
125
120
115
110
105
100
95
90
85
80
75
70
65
60
55
50

Severe

Moderate

Mild

Diastolic BP (bottom number) mmHg

50 55 60 65 70 75 80 85 90 95 100 110 120

Date Taken

2 0

Blood Pressure



The heart pumps blood around the body through arteries.
Blood pressure is the pressure of the blood pushing against the walls of the arteries.

When your Blood pressure is taken there are two numbers:

Systolic - (top number) this is the pressure of the artery when it is pumping blood.

Diastolic - (bottom number) this records when the heart relaxes.

High BP	Low BP
<p>If your BP is too high it is called Hypertension</p> <p>Symptoms There may not be any symptoms but you may experience:</p> <ul style="list-style-type: none">• Headache• Nausea• Dizziness• Blurred vision <p>What can happen if your BP is too high for too long?</p> <ul style="list-style-type: none">• Heart attack• Stroke• Kidney disease• Nerve damage• Erectile dysfunction <p>If you already have diabetes or protein your urine, the Dr might recommend a lower BP target to reduce the chance of these conditions getting worse.</p> <p>What can you do to reduce BP?</p> <ul style="list-style-type: none">• Lose excess weight• Be active most days• Eat a healthy diet• Don't smoke• Reduce alcohol• Reduce the amount of salt in your diet• Take your BP medicines as recommended by your doctor.	<p>If your BP is too low it is called Hypotension</p> <p>Symptoms</p> <ul style="list-style-type: none">• Dizziness• Fainting• Fatigue• Nausea <p>What can you do to increase BP? Contact your GP for more information.</p> <p>If you are on medication to lower your BP and you have Low BP. See your GP for review of your BP management.</p>

Reference by:

- National Heart Foundation of Australia, Cardiac Society of Australia and New Zealand. (2012). Reducing risk in heart disease: an expert guide to clinical practice for secondary prevention of coronary heart disease: updated 2012. Melbourne: National Heart Foundation of Australia.
- Gabb, M., Mangoni, A., Anderson, C., Cowley, D., Dowden, J., Gollidge, J., Hankey, G., Howes, F., Leckie, L., Perkovic, V., Schlaich, M., Zwar, N., Medley, T., Arnolda, L. Guideline for the diagnosis and management of hypertension in adults — 2016 Med J Aust 2016; 205 (2): 85-89
- The Royal Australian College of General Practitioners. General practice management of type 2 diabetes: 2016–18. East Melbourne, Vic: RACGP, 2016. Available at www.racgp.org.au/your-practice/guidelines/diabetes