



American Heart Association.

Healthy Smiles, Healthy Hearts™

Oral+Heart **CONNECTION** Checking Your Blood Pressure

[Heart.org/OralHealth](https://heart.org/OralHealth)



Delta Dental is proud to collaborate with the American Heart Association's Healthy Smiles, Healthy Hearts initiative.

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Blood Pressure Readings | Normal: Under 120/80

Date	Time	Systolic/Diastolic
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		/
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		/
		/
		/

Blood Pressure Readings | Normal: Under 120/80

Date	Time	Systolic/Diastolic
		/
		/
		/
		/
		/
		/

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
Stage 1 Hypertension (High Blood Pressure)	130-139	or	80-89
Stage 2 Hypertension (High Blood Pressure)	140 or higher	or	90 or higher
Severe Hypertension *Without symptoms: call your doctor	Higher than 180	and/ or	Higher than 120
Hypertension Emergency *With symptoms: call 911	Higher than 180	and/ or	Higher than 120

*Chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

How to Take Your Blood Pressure the Right Way

Before You Measure

No smoking, caffeine, alcohol or exercise 30 minutes prior. Empty your bladder and sit quietly for more than 5 minutes.



Placement Matters

Place the bottom of the cuff above the bend in the elbow. Wrap it against bare skin, not over clothing.

Proper Positioning

Sit in a chair with a back, feet on the floor and legs uncrossed. Rest your arm on a flat surface at heart level.

Use the Right Device

A cuff device is the most accurate way to check blood pressure. Make sure it's a validated device. Check the cuff size and fit.

Sit properly.



Place cuff above the bend in elbow and over skin.

Use device that is validated.

Check. Record. Repeat.

Stay relaxed and don't talk while you measure. Record all the results to share with your doctor.

Take
at least

2

blood pressure
readings

1

minute
apart each