|  |  |  |  |
| --- | --- | --- | --- |
| **BLOOD PRESSURE** **CATEGORY** | **SYSTOLIC** (upper number) |  | DIASTOLIC (lower number) |
| Normal | Less than 120 | AND | Less than 80 |
| Prehypertension | 120—139 | OR | 80—89 |
| High Blood Pressure—Stage 1 | 140—158 | OR | 90—99 |
| High Blood Pressure—Stage 2 | 160 or Higher | OR | 100 or Higher |
| High Blood Pressure Crisis | Higher than 180 | OR | Higher than 110 |

I had my blood pressure taken at Sterling Drug on \_\_\_\_\_\_\_\_. It read \_\_\_\_\_\_/\_\_\_\_\_\_. It was recommended that I:

* Maintain a healthy lifestyle
* Make lifestyle changes, speak with my doctor and have my blood pressure rechecked within 2 weeks
* See a doctor within 1 week
* Seek emergency medical care now

|  |  |  |  |
| --- | --- | --- | --- |
| **BLOOD PRESSURE** **CATEGORY*****Categoría de presión sanguínea*** | **SYSTOLIC**  ***Presión sistólica***(upper number)*(numero superior)* |  | **DIASTOLIC** ***Diastólica***(lower number)*(numero inferior)* |
| Normal*Normal* | Less than 120*Menos de 120* | AND*y* | Less than 80*Menos de 80* |
| Prehypertension*Prehipertensión* | 120—139 | OR*o* | 80—89 |
| High Blood Pressure—Stage 1*Presión sanguínea alta—etapa 1* | 140—158 | OR*o* | 90—99 |
| High Blood Pressure—Stage 2*Presion sanguinea alta—etapa 2* | 160 or Higher*160 o superior* | OR*o* | 100 or Higher*100 o superior* |
| High Blood Pressure Crisis*Crisis de presion sanguinea alta* | Higher than 180*Superior que 180* | OR*o* | Higher than 110*Superior que 110* |

 Mi presión arterial fue tomada en la farmacia Sterling Drug en \_\_\_\_\_\_\_\_, y fue \_\_\_\_\_/\_\_\_\_\_.

Me recomendaron que me:

* Mantuviera un estilo de vida saludable
* Hiciera cambios en el estilo de vida, hablar con mi médico y reexaminar mi presión arterial en dos semanas
* Viera a un médico dentro de una semana
* Busque atención médica de emergencia ahora