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| --- | --- | --- | --- |
| **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
* C:\Users\cborgen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\YTLXHZ9S\Community Wellness Partners LOGO.tiffSee 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
* C:\Users\cborgen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\YTLXHZ9S\Community Wellness Partners LOGO.tiffViera a un médico dentro de una semana
* Busque atención médica de emergencia ahora