



A health study for oil spill clean-up workers and volunteers

## Blood Pressure Results

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Results

First Reading:	Systolic _____ mm Hg	Diastolic _____ mm Hg
Second Reading:	Systolic _____ mm Hg	Diastolic _____ mm Hg
Third Reading:	Systolic _____ mm Hg	Diastolic _____ mm Hg
<b>Average Value*</b>	<b>Systolic _____ mm Hg</b>	<b>Diastolic _____ mm Hg</b>

*\*average of second and third reading*

### What do blood pressure numbers indicate?

Blood pressure (BP) is written as two numbers. **Systolic** BP, usually written as the first or top of two numbers, represents the pressure while your heart is beating. **Diastolic** BP, usually written as the second or bottom of two numbers, represents the pressure when your heart is resting between beats. Optimal adult blood pressure is systolic pressure of 120 mm of mercury (also known as Hg) *or lower* AND diastolic pressure of 80 mm Hg *or lower*. Blood pressure that is extremely high could indicate a serious medical condition and should be evaluated by a health professional immediately. Lowering blood pressure is important for reducing the risk of cardiovascular disease.

### Interpretation and Advice

✓	Your blood pressure readings are (mm Hg)	This is considered	You are advised to
	Systolic BP $\geq 180$ OR Diastolic BP $\geq 110$	Extremely High*	Seek care <b>as soon as possible</b> as this is a potential emergency health condition. Emergency Care Needed.
	Systolic BP 160 to 179 OR Diastolic BP 100 to 109	Very High	See a health care provider <b>within the next month</b> to have your blood pressure rechecked and managed.
	Systolic BP 140 to 159 OR Diastolic BP 90 to 99	Mildly to Moderately High	See a health care provider <b>within the next two months</b> to have your blood pressure rechecked and managed.
	Systolic BP 120 to 139 OR Diastolic BP 80 to 89	Slightly High	Find out from a health care provider if any additional evaluations or lifestyle changes are indicated.
	Systolic BP $<120$ OR Diastolic BP $<80$	Normal	Your Blood Pressure is within normal limits. Talk to a health care provider about healthy lifestyle choices that you can take to prevent high blood pressure.

**\* A hypertensive crisis exists when blood pressure reaches levels of 180 or higher for the systolic (top) number OR 110 or higher for the diastolic (bottom) number. There is no safe duration for blood pressure to remain in this range.**