3a) Home BP Cuff Instruction

**My Blood Pressure Goal:**

<table>
<thead>
<tr>
<th>SBP LOWER THAN</th>
<th>DBP LOWER THAN</th>
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</table>

**In front of a table with back and leg support**

**Sit quietly for 5 minutes**

**Repeat if high, after 3-5 minutes**

**Check in AM and PM**

**Check the same arm each time**

**Measure arm size for correct cuff size and placement**

**Measure on bare arm**

**Avoid tight clothing**

**Do not talk while measuring**

**Do not measure immediately after coffee, smoking, or with a full bladder, or in pain**

**Call the clinic when blood pressure is higher than 180/110 after repeated checks**

Bring your home blood pressure machine to your next visit. Our staff can check your machine’s accuracy, and teach you how to use your machine correctly. **Share your home blood pressure readings by bringing them to your next clinic visit**
3b) Blood Pressure Log

Name: __________________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Blood Pressure</th>
<th>Pulse</th>
<th>Notes</th>
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<tbody>
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My blood pressure goal is:

Systolic ____________

Diastolic ____________

Please remember to bring your completed blood pressure logs to your next provider appointment.
Your Hypertension Worksheet

What is blood pressure?

- **Blood pressure** is a measure of how hard your heart is working to pump blood
- **Systolic** (Sys) – pressure when your heart squeezes
- **Diastolic** (Dia) – pressure when your heart relaxes

Date: _____________________

Your Blood Pressure Today: _______/_______

Your Target Blood Pressure is **below**: 140/90 or _____

Your Health Coach/RN: _________________

Your Next Blood Pressure Check Appointment: _________________

- Please take your Blood Pressure medication on the day of your appointment
- We may change your medication at the visit; please bring all your current medications with you
- Please bring your Blood Pressure Cuff, Machine, and Log
3d) HTN Action Plan

**My action plan to improve my high blood pressure** (pick one, and be specific)
When, how much, and how often? How confident are you (1-10)?

Date: _______________________

<table>
<thead>
<tr>
<th>Action</th>
<th>Very Confident</th>
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<tbody>
<tr>
<td>Increase physical activity <em>(e.g., walking for 10 minutes Mon, Wed, Fri after breakfast, confidence 8)</em></td>
<td>10</td>
</tr>
<tr>
<td>Take my medications</td>
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<tr>
<td>Lower salt in food</td>
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<tr>
<td>Improve my food choices</td>
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<tr>
<td>Check my home blood pressure</td>
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<tr>
<td>Reduce stress</td>
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<tr>
<td>Cut down on smoking</td>
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<tr>
<td>Your own idea</td>
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</tbody>
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**Notes**

Images obtained on the internet using Google Image search
Lowering Your Blood Pressure with Healthy Foods!

Choose MORE of These!

*examples below*

**Whole Grains:**
- Whole grain bread, cereal, pasta, etc.
- Oatmeal
- Brown or wild rice
- Corn

**Fruits (fresh, frozen, or unsweetened dried):**
- Oranges, apples, dates, bananas, raisins, prunes, apricots, mango, melons, peaches

**Vegetables (fresh or frozen):**
- Tomatoes, broccoli, bell pepper, zucchini, spinach, cauliflower, greens, mushrooms, sweet potatoes, squash, Brussels sprouts, cabbage, string beans, plantains, potatoes

**Nonfat or low fat milk or milk products:**
- Nonfat or low fat (1%) milk or yogurt
- Low fat cheese with no salt added
- Unsweetened milk alternatives (soy, almond, etc.)

**Nuts, Seeds, and Beans (plant proteins):**
- Unsalted peanuts, almonds, walnut, pistachios, cashews
- Unsalted sunflower seeds, pumpkin seeds, flax seeds, chia seeds
- Beans/peas: Pinto beans, split peas, black beans, lentils chickpeas

Choose SOME of These!

**Good sources of protein (6 oz. or less per day):**
- Fish
- Chicken or turkey (no skin)
- Eggs or egg whites
- Baked or roasted beef and pork

**Healthy fats (use in small amounts):**
- Olive Oil or Canola Oil
- Soft (tub) margarine from canola or corn oil
- Avocado

Choose Fewer of These!

**High salt foods:**
- bacon, sausage, ham, canned foods, frozen dinners, processed cheese, lunch meats

**High salt seasonings:**
- salt, soy sauce, teriyaki sauce, fish sauce, oyster sauce, BBQ sauce, bouillon, lemon pepper

**Alcohol:**
- no more than 1-2 drinks (12oz beer or 5oz wine) in a day

**Desserts, sweets, sweetened drinks:**
- Candy, pie, cookies, cake, ice cream, pastries
- Soda, juice, sweet tea, sports drinks, lemonade

**Fried food:**
- Chips, donuts, pork rinds, instant noodle soup

The more vegetables, fruits, and whole grains you eat, the healthier your ♡ will be.

If you have trouble getting healthy food, ask your clinic nurse or provider.
Lowering Your Blood Pressure with Healthy Foods: How Much?

**Whole Grains: 6 servings per day**
- **What’s a serving**
  - 1 slice wheat bread; ½ cup cooked whole grain rice, pasta, corn, quinoa, or cereal; 1 ounce dry cereal (varies ½ - 1 cup), 3 cups popcorn, 1 small (about 6-inch) tortilla
- **Your portion may be more than one “serving”**
  - 1 cup of brown rice is 2 servings
  - 1 large (12-inch) tortilla is about 4 servings
  - 1 large bagel is about 4 servings

**Fruits: 4 servings per day**
- **What’s a serving**
  - 1 medium fruit; ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit
- **Your portion may be more than one “serving”**
  - 1 large (12-inch) banana is about 2 servings

**Vegetables: 4-5 servings per day**
- **What’s a serving**
  - 1 cup raw leafy vegetables; ½ cup raw or cooked vegetables
- **Your portion may be more than one “serving”**
  - An entrée-size green salad is 2-3 servings

**Nonfat /low fat milk products: 2-3 servings/day**
- **What’s a serving**
  - 1 cup milk or yogurt
  - 1 ½ ounces of low fat cheese
- **Your portion may not be one “serving”**
  - Some individual yogurt cups are ¾ cup
  - A slice of cheese is usually about 1 ounce

**Nuts, Seeds, and Beans: up to 1 serving/day average**
- **What’s a serving**
  - 1/3 cup nuts
  - 2 Tbsp. peanut butter/nut butter
  - 2 Tbsp. seeds
  - ½ cup cooked legumes (beans, lentils, peas)

**Healthy Fats: 2-3 servings/day**
- **What’s a serving**
  - 1 tsp oil (olive, canola, sunflower, soy, etc.)
  - 1 tsp tub margarine or regular mayo
  - 1 Tbsp. light mayonnaise
  - 2 Tbsp. salad dressing
Heart disease is a serious health problem. Family history and habits can make you more likely to develop heart disease. Nearly 44% of African American men and 48% of African American women have some form of heart disease, which includes heart attack and stroke. The good news is that you can take steps now to lower your risk of heart disease. Lowering your blood pressure, blood sugar, and cholesterol can decrease your chances of a heart attack and stroke. Heart healthy changes are good for your whole body. Turn the page for ideas!

Sources:

Take this self-test to find out if you are at risk for heart disease.
The following things can put you at risk for heart disease. Check all your risk factors that apply and follow up with your doctor:

☐ High blood pressure
☐ High cholesterol
☐ Diabetes
☐ Chronic kidney disease
☐ Family history (father or brother with heart disease before age 55 or mother or sister with heart disease before age 65)
☐ Cigarette smoking
☐ Age (older than 45 for men, over 55 for women)
☐ Being overweight
☐ Lack of physical activity
☐ Unhealthy diet
☐ Depression, stress, mental health conditions
☐ Not sure

HEALTHY LIFESTYLE AND PHYSICAL ACTIVITY RESOURCES

Community Wellness Center at Zuckerberg San Francisco General Hospital (ZSFG)
(415) 206-4995

American Heart Association
http://heart.org/healthyliving

For FREE physical activities, go to http://sfrecpark.org/recreation-community-services/rec-programs/

Heart disease is a serious health problem. Family history and habits can make you more likely to develop heart disease. Most people do not know that they might be at risk for heart disease, even though it is the number one killer of Americans. Nearly 44% of African American men and 48% of African American women have some form of heart disease, which includes heart attack and stroke.

The good news is that you can take steps now to lower your risk of heart disease. Lowering your blood pressure, blood sugar, and cholesterol can decrease your chances of a heart attack and stroke. Heart healthy changes are good for your whole body. Turn the page for ideas!

Write the name and phone of your healthcare provider here:

Produced by 510media

Take the self-test on the back of this booklet to find out if you are at risk for heart disease.
THINGS YOU CAN DO TO IMPROVE YOUR BLOOD PRESSURE

If you already have high blood pressure, take your medications as agreed upon with your doctor. Check all your goals that apply:

1. How can I reach and maintain a healthy weight?
   - Set a healthy weight goal for yourself.
   - Drink water. Try to avoid soda and juice with added sugars.
   - Eat smaller portions. Eat healthy foods and snacks.

2. How can I get at least 30 minutes of physical activity each day?
   - Walk with family, friends, or neighbors.
   - Take the stairs instead of elevator.
   - Make time to exercise in addition to your usual activity.

3. How can I eat less salt and saturated fat?
   - Minimize pre-prepared and processed food.
   - Cook and prepare your own food as often as you can.
   - Use herbs and spices while cooking and less salt.
   - Try to avoid frying food.

4. How can I eat heart healthy foods every day?
   - Eat more fresh fruits, vegetables, and whole grains.
   - Buy fresh, frozen, or no-salt-added canned vegetables and sauces.

5. How can I reduce stress in my life?
   - Try deep breathing. It can help you relax and lower your stress level.
   - Think about the positive aspects of your life.
   - Talk to friends and family.

6. How can I limit alcohol and enjoy living smoke-free?
   - Talk to your doctor about cutting back or quitting.
   - Try to avoid places or situations that may trigger you to drink or smoke.

7. How do these goals affect my blood pressure numbers?
   - Check your blood pressure at home, as agreed upon with your doctor.
   - Pay attention to the influence that physical activity, diet, and stress have on your blood pressure.

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CHECKING YOUR BLOOD PRESSURE AT HOME

My blood pressure goal (If you don’t know, ask your doctor):

My heart healthy goal for this month is:

KNOW YOUR RISK!

High blood pressure is called the “silent killer”. It can have no warning signs or symptoms and leads to heart attack and stroke.

HEART ATTACK SYMPTOMS
- Crushing or squeezing chest pain
- Back, neck, or left arm pain
- Weakness
- Shortness of breath
- Sick to the stomach or stomach pain

STROKE SYMPTOMS
- Face drooping or numbness
- Arm or leg weakness or numbness
- Trouble talking
- Confusion
- Balance problems
- Severe headache

IF YOU FEEL ANY OF THESE SYMPTOMS, CALL 911 IMMEDIATELY