

Temescal Creek Medicine

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High Blood Pressure in the Doctor's Office

High blood pressure in the doctor's office is not uncommon. In order to determine if your blood pressure is elevated outside of the office we would like you to begin to monitor your blood pressures at home.

The Facts

- More than 1 in 3 adults have high blood pressure.
- High blood pressure increases your risk of heart attack, stroke, congestive heart failure and kidney disease.
- Once identified, high blood pressure can be controlled with a combination of lifestyle changes and medications.
- Lifestyle choices can have a major impact on blood pressure. These include maintaining a healthy weight, getting regular aerobic exercise, managing stress and following a balanced diet low in salt. Avoiding tobacco and limiting alcohol are also important.

Getting Your Blood Pressure Cuff

The first step is getting a reliable, easy to use blood pressure cuff. In general, arm cuffs are more accurate than wrist cuffs. We have a few recommendations for cuffs available on the Health Education section of our website (www.tcreekmed.com). Blood pressure cuffs are also widely available at local pharmacies.

Checking and Recording Your Blood Pressure

Proper technique when measuring your blood pressure is important for accurate readings. More detailed information on how to take your blood pressure as well as a downloadable BP Tracking Log is available on the Health Education section of our website. You can take blood pressure readings at various times throughout the day, making sure to record the time and any comments on how you are feeling. The blood pressure cuffs that sync with your smart phone keep a record of your readings and allow you to send us the information directly via email. Whether electronically or on paper, we would like you to record your blood pressure regularly for a minimum of two weeks.

Follow Up Visit

In order to review your blood pressure readings and formulate a plan, you will need to schedule a follow up visit in the office or a telephone visit. This appointment should be scheduled for approximately two to three weeks after you start recording your blood pressure. **Important:** in advance of your visit, please be sure to send a record of your blood pressure readings to us via fax (877 512-3804) or email (tcmadmin@tcreekmed.com). If your blood pressure readings are all under 130/80 you do not need to schedule an appointment to discuss, but please do send us the record of your readings.