

BLOOD PRESSURE RECORD

	DATE	SYSTOLIC /	HEART	WEIGHT
1		/		
2		/		
3		/		
4		/		
5		/		
6		/		
7		/		
8		/		
9		/		
10		/		
TOTAL;		/		
AVERAGE		/		

Calculate your average blood pressure by adding each column and dividing each by the total number by measurements recorded.

SYSTOLIC = maximum pressure in blood vessels when heart beats.

DIASTOLIC = minimum pressure in blood vessels when heart relaxes between beats.

SUGGESTION: Keep this record card for review with your physician.

SYSTOLIC	NORMAL BELOW 130	HIGH NORMAL 130—139	HIGH 140 & ABOVE
DIASTOLIC	NORMAL BELOW 85	HIGH NORMAL 85—89	HIGH 90 & ABOVE



The Miami Valley Fire District offers **FREE** blood pressure screenings at either of these locations:

- Station 51—10899 Wood Rd.
- Station 52—2710 Lyons Rd.
- Station 53—10 N. First St
- Station 54—2135 E. Central Ave.
- Station 55—5204 Springboro Pk, Moraine

BLOOD PRESSURE FLUCTUATES:

Consecutive readings usually differ. Therefore, the best method to find your typical blood pressure is to average 8 measurements taken over several days.

THIS **BLOOD PRESSURE** BROCHURE IS PROVIDED BY THE MIAMI VALLEY FIRE DISTRICT

2710 Lyons Rd

Miamisburg, OH 45342

Fire Headquarters/non-emergency

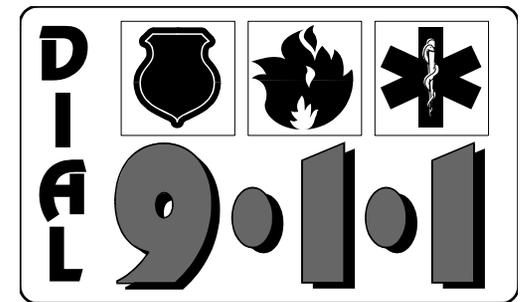
937-560-2152

www.miamivalleyfiredistrict.org

e-mail:

emsfire@miamivalleyfiredistrict.org

EMERGENCY



This quiz is designed to test your general knowledge about heart disease. For questions about your health, contact your personal physician.

1. What is considered a normal blood pressure reading? a) 130/90 b) 120/80 c) 200/150
2. Cigarette smoking is a potentially reversible risk factor for coronary heart disease?
a) true b) false
3. What is considered a desirable cholesterol level?
a) less than 200 mg/dl
b) 200-239 mg/dl
c) more than 240 mg/dl
4. Which one of the following people has the greatest risk for coronary heart disease?
a) a 28 y/o woman with a normal cholesterol level
b) a 47 y/o old man who smokes and has high blood pressure
c) a 44 y/o man who walks 5 miles a day with normal blood pressure
5. Heart disease is the leading cause of death in women age 60 or older? a) true b) false
6. You are at an increased risk of developing heart disease if:
a) your father died of heart disease before age 55
b) your mother died of heart disease before age 65
c) both of the above
7. A person with diabetes is not at risk of coronary heart disease? a) true b) false
8. Weight reduction in overweight patients and increased physical activity are extremely important elements of therapy for high cholesterol? a) true b) false
9. How much does coronary heart disease cost the United States per year for medical treatment and lost wages?
a) \$50 billion—\$100 billion
b) \$50 million—\$100 million
c) \$10 billion—\$45 billion

10. You can reduce your risk for coronary heart disease by not smoking, reducing cholesterol and blood pressure levels, losing weight, and exercising? a) true b) false

If your score is:

9-10 correct: Eat your heart out. You did great!

7-8 correct: Your heart is in the right place!

5-6 correct: You left your heart in San Francisco!

Less than 5 correct: Don't lose your heart; we'll help you become "Heart Smart".

THE CORRECT ANSWERS ARE:

1. b) Normal blood pressure is 120/80, borderline is 130/90, and high blood pressure is 200/150.
2. True. Smokers are three times more likely to get coronary heart disease than non-smokers. After the cessation of smoking, the risk of coronary heart disease in both men and women begins to decline within a matter of months and falls to the level of risk amount non-smokers within 3-5 years of cessation, regardless of the amount smoked, the duration of the habit, or the age at cessation.
3. a) Less than 200 mg/dl is the desired level, 200-239 mg/dl is borderline high, and greater than 240 mg/dl is high.
4. b) Males age 45 or older and females age 55 or older are at a greater risk for coronary heart disease, especially when combined with the other risk factors, such as smoking, hypertension, high cholesterol, diabetes, and family history.
5. True. After age 60, coronary heart disease is the primary cause of death among women.
6. c) Family history of premature coronary heart disease can increase your risk of developing coronary heart disease.

7. False. Mortality rates for coronary heart disease are 3-7 times higher among diabetic women than among non-diabetic women and 2-4 times higher among diabetic men than among those without diabetes.
8. True. Exercising and reducing weight lower total and LDL ("bad") cholesterol levels, reduce triglycerides, raise HDL ("good") cholesterol, reduce blood pressure, and decrease the risk for diabetes.
9. a) \$50 billion—\$100 billion. Prevention of coronary heart disease by reducing the risk factor; high cholesterol, high blood pressure, smoking, weight reduction, and exercise would greatly reduce the economic toll in the United States.
10. True. Smoking, high cholesterol, high blood pressure, obesity, and poor fitness are all reversible risk factors you can change.

