

## Healthy Living for Elders: Keep Track of Your Blood Pressure<sup>1</sup>

Leigh Ann Martin<sup>2</sup>





Every time you take your blood pressure at home, or have it checked by a health professional write down the date and time, the blood pressure measurement, where it was taken (home, doctor's office, etc.), and any comments from you or the health professional (i.e. medications you are taking or recently stopped taking, how you feel, and the arm where the pressure was taken).

Date and Time	Blood Pressure	Place Taken	Comments
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Talk to your doctor if you have questions about monitoring your blood pressure or hypertension. To locate a registered dietitian (RD) in your area call The American Dietetic Association at 1-800-366-1655 (available in English and Spanish).

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