Managing Your High Blood Pressure

- Learn how to take your own blood pressure
- Keep a written log of your blood pressure
- Take your medications directed by your doctor
- Watch your diet carefully
- Cut down on salt
- Stop or cut down on smoking
- Avoid stress
- Limit alcohol intake
- Exercise regularly
- Follow the advice of your doctor

Gwinnett Medical Center
Lawrenceville • Duluth

Category	Systolic (mm Hg)	Diastolic (mm Hg)
Optimal	<120	<80
Normal	<130	<85
High-Normal	130 -139	85 - 89

Hypertension		
Stage 1 (mild)	140 -159	90 - 99
Stage 2 (moderate)	160 - 179	100 - 109
Stage 3 (severe)	≥180	≥110

Blood Pressure Readings

Date	Time	Systolic	Diastolic

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