

Monthly Blood Pressure Clinic



Daughterly Companions now provides nurses to come and monitor blood pressure for our members here at the CBSAC

10:00AM to 12:00PM

On the **FIRST Wednesday** of each month

January 8	July 1
February 5	August 5
March 4	September 2
April 1	October 7
May 6	November 4
June 3	December 2

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120