

GREEN LIGHT TO GO

ZONES FOR HYPERTENSION MANAGEMENT



ALL CLEAR ZONE: YOUR BP IS UNDER 140/90

- Average blood pressure is under 140/90
- No symptoms
- Know that hypertension (high blood pressure) is a “silent” disease; symptoms may develop late
- High blood pressure increases risk for heart attacks, strokes and kidney damage

THIS MEANS:

- Blood pressure is under control
- Take medications as ordered
- Check blood pressure daily if recommended by PACT team
- Eat a low-salt diet
- Maintain good physical activity/exercise habits and weight control
- Limit tobacco and alcohol

WARNING ZONE: CALL YOUR NURSE OR PROVIDER

- If you have any of the following signs or symptoms:
 - Blood pressure over 150/100; you may or may not have other symptoms
 - mild headaches
 - dizziness

THIS MEANS:

- You may need an adjustment of your blood pressure medications
- Improve healthy eating habits; reduce salt intake; increase physical activity; and lose weight if not at goal

Questions: Local VA Connect: 877-741-3400

MEDICAL ALERT ZONE:

- Blood pressure is higher than 180/120 or you have any severe symptoms:
- Warning signs include blurry vision, severe headache, anxiety, increased dizziness, ringing in the ears, nausea, vomiting, confusion, back pain, chest pain, or dark brown urine

THIS MEANS:

- You need to be evaluated by a medical provider **NOW**

If symptoms are severe, call 911 or have someone take you to the Emergency Department