

A note from the publisher

The purpose of this log is to provide an effective information system that enables the systematic collection of blood pressure data, and the easy reading of it, in order for appropriate decisions to be made.

Although it is common nowadays to develop digital apps to achieve this – something we strongly support and practice – we prefer this paper format, because we believe that it makes the data more transparent and easier to understand, ultimately fostering loyalty in the individual user.

What do you "connect" with most? With an electronic device or with a physical book? And in this case, it is necessary to "connect", because good monitoring of blood pressure can lead to a longer, healthier life.

We believe that it is worth everyone, regardless of age or standard of health, keeping a blood pressure log. For younger people, measurements may be taken less frequently – for example, once a month. This is, if nothing else, an education in learning to monitor our health. And of course, very often, it will save lives!

The developers of this log are analysts and designers of information systems, who create software. Although this tool is a product of thorough research, it cannot replace your doctor. Our goal is not for users to visit the doctor less, but more often! If your blood pressure is "high", you must go. If it is "normal", you should also go, to establish what is "normal" for you, as well as how often you should take measurements, how often to visit the doctor, and how to take the measurements.

We have been using the terminology appropriate for an upper arm electronic blood pressure monitor. Of course, the measurements are independent of the monitor, and you can copy them into the log from any type of monitor.

For anything you need, please contact us by email at dz@crystal-cut.com.

Yours sincerely,

Dimitris Zisimopoulos
MD, Crystal Cut s.a.

Crystal Cut s.a.
92 Proteos str.
Athens, Palaio Faliro 17561
Greece

t: (+30) 210-989-2000
e: inbox@crystal-cut.com

Effective Blood Pressure Log
ISBN 978-618-85538-1-1
© Crystal Cut s.a. 2021

Personal Data

Name: _____

Medicare ID: _____

Blood Group: _____

Emergency Contacts







What is systolic (or "high") blood pressure?

It is the pressure that the blood exerts on the arteries when the heart contracts (contract in Greek is "systellomai," hence the term) in order to push the blood throughout your body.

What is diastolic (or "low") blood pressure?

It is the pressure exerted by the blood on the arteries when the heart dilates (dilate in Greek is "diastellomai," hence the term) after its contraction. It obviously has lower values than those of systolic, which is why it is also called "low" in contrast to the systolic which is also called "high."

Classification of Adult Blood Pressure Based on Values





Condition	Systolic (high)		Diastolic (low)
 Hypotension	< 90	and/or	< 60
 Normal	90 - 119	and	60 - 79
 Pre-hypertension	120 - 129	and	60 - 79
 Hypertension - Stage 1	130 - 139	or	80 - 89
 Hypertension - Stage 2	140 - 180	or	90 - 120
 Hypertension crisis	> 180	and/or	> 120

Attention: You will see various tables using different terms and value ranges. But blood pressure depends on many factors, and what is "normal" varies from person to person. **Only your doctor can tell you which blood pressure is right for you!**

Noteworthy remarks

- Always take the measurements in the same hand (usually the left.) Decide this with your doctor. Typically, the left hand has 5-10 mm higher pressure.
- Once a year you should go to your doctor with your monitor in order to check its accuracy. Also, check with them how you take the measurements.
- If necessary, measure your blood pressure twice a day at the same time.
- Be sure to use the right cuff that best fits your arm circumference.

Daily Measurement Schedule

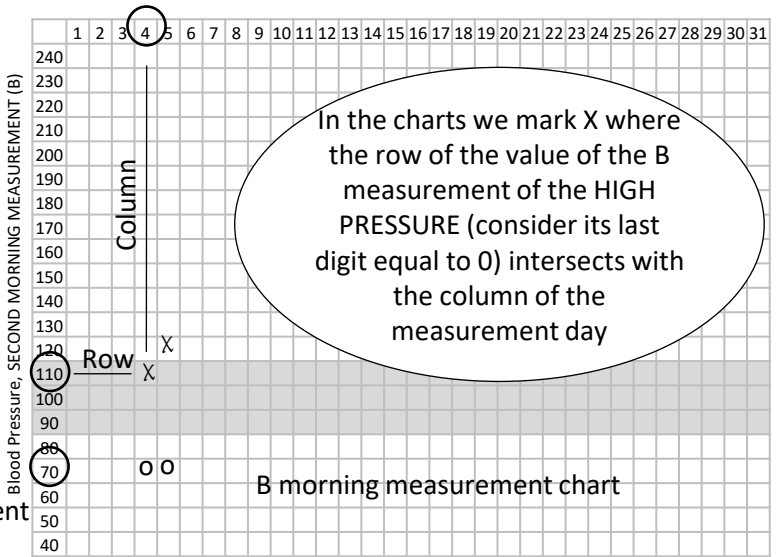
<p>- 2 HOURS (up to two hours before)</p>	<ul style="list-style-type: none"> You will not have eaten. 
<p>- 1 HOUR (up to one hour before)</p>	<ul style="list-style-type: none"> You will not have drunk coffee. 
<p>- 30 MINUTES (up to 30 minutes before)</p> 	<ul style="list-style-type: none"> You will not have smoked. You will not have drunk alcohol. You will not have done excessive exercise. You will not have a bath.
<p>- 5 MINUTES (up to 5 minutes before)</p> 	<ul style="list-style-type: none"> Make sure you are in a calm environment and relax. Make sure you do not have a need to use a toilet. Plan, if necessary, to take your medication after the measurements.
<p>0 (A' MORNING measurement)</p>	<ul style="list-style-type: none"> Take the first morning measurement, record the results, and relax for 1-2 minutes.
<p>+ 2 MINUTES (B' MORNING measurement, two minutes after the first)</p>	<ul style="list-style-type: none"> Take the second morning measurement and record the results. If the two measurements differ by more than 10 mm (compare systolic with systolic pressure and diastolic with diastolic), relax for 2 minutes and take a third measurement. In this case, record as first and second measurements, the second and third. Do not repeat for a fourth, just note the incident in the comments.
<p>+ 10 to 12 HOURS (A' EVENING measurement)</p>	<p>Perform again what has been described above for the morning measurement. For the last two hours you will not have eaten, etc.</p>

Noteworthy Remarks

- Taking home measurements is a good practice as they can have a regular periodicity and be performed under the same environmental conditions. So, they are comparable and can give better information to your doctor.
- Typically, your blood pressure is lower in the morning than in the afternoon and evening. It is also lower in summer than in winter.

Month - Year

Doctor's Instructions - Doses



First morning measurement

Day	A. Systolic (high)	A. Diastolic (low)	B. Systolic (high)	B. Diastolic (low)	Pulse	Measurement time	Notes
1							
2							
3							
4	122	75	118	75	74	8:35	
5	125	76	122	74	78	8:29	
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
Monday 20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

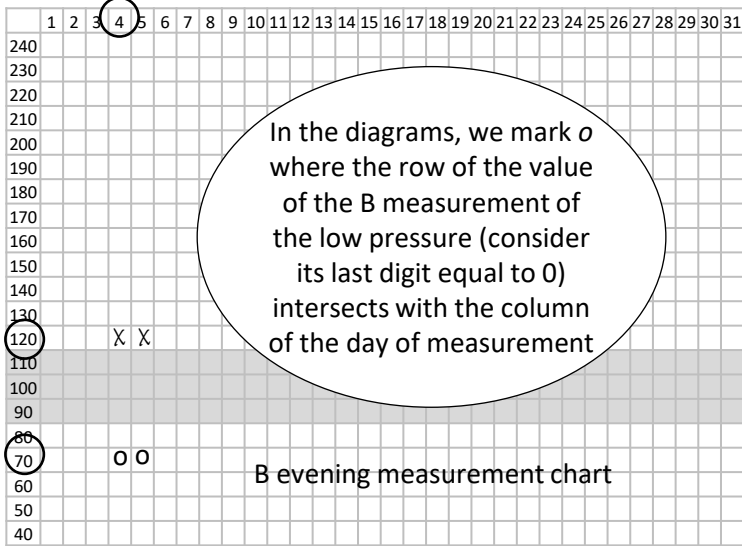
Second morning measurement

The 118 will be considered 110 for the chart. In general, consider the last digit of each measurement as 0 to find its row in the diagram

How and where to record measurements

Write down the name of the day if you wish

MORNING measurements page (the left)



156 lbs.

It is a good idea to record your weight once a month (on the same day each month). Weight affects your blood pressure!



Day	A. Systolic (high)	A. Diastolic (low)	B. Systolic (high)	B. Diastolic (low)	Pulse	Measurement Time	Notes
1							
2							
3							
4	127	78	122	76	75	20:28	With what blood pressure monitor do you take measurements? Did you change it? Did you change your medication? When did your period start? ANYTHING THAT MIGHT AFFECT YOUR MEASUREMENTS SHOULD BE RECORDED IN THE NOTES.
5	131	79	124	75	81	20:27	
6							
7							

How and where to record measurements

Attention: Blood pressure is typically measured in millimeters (mm) in the mercury column. In this subdivision, it is also displayed on the blood pressure monitors. But many times, it is referred to as centimeters, e.g., instead of 124, it is called 12.4. Try to have a clear understanding of this and prefer recording in millimeters.

EVENING measurements page (the right)

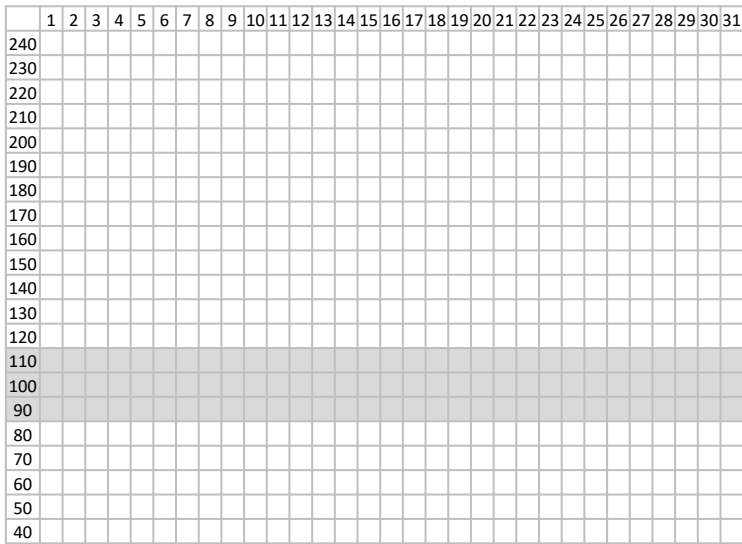
Month - Year

Doctor's Instructions - Doses



Blood Pressure, SECOND MORNING MEASUREMENT (B)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
	240																																
	230																																
	220																																
	210																																
	200																																
	190																																
	180																																
	170																																
	160																																
	150																																
	140																																
	130																																
	120																																
	110																																
	100																																
	90																																
	80																																
	70																																
	60																																
	50																																
	40																																

Day	A. Systolic (high)	A. Diastolic (low)	B. Systolic (high)	B. Diastolic (low)	Pulse	Measurement Time	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							



Blood Pressure, SECOND EVENING MEASUREMENT (B)



Day	A. Systolic (high)	A. Diastolic (low)	B. Systolic (high)	B. Diastolic (low)	Pulse	Measurement Time	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							