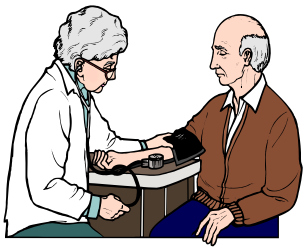
FCS8601-Span

Vida Saludable para Personas de Edad: Anote Su Presión Sanguínea[1]

Leigh Ann Martin[2]



Cada vez que usted se mide la presión sanguínea o se la mide un profesional de la salud, anote la fecha y hora, la lectura de la presión, dónde fue medida (en casa, en la clínica del médico, etc.) y cualquier comentario que tenga usted o su profesional de la salud (por ejemplo, algún medicamento que está tomando o ha dejado de tomar, cómo se sentía en esa ocasión o el brazo en el que se hizo la medición).

Fecha y Hora	Lectura	Lugar	Comentarios
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Si tiene preguntas sobre la presión sanguínea o cómo anotarla, háblele a su médico. Para ser referido a una dietista (RD) en su área, llame sin cargo a La Asociación Americana de Dietética al 1-800-366-1655 (disponible en inglés y español).

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