

# Blood Pressure Screening

**Are You at Risk?**  
Early detection is important.

**Hypertension, also referred to as high blood pressure, is known as the “silent killer” because people do not usually have symptoms or may not recognize symptoms of hypertension until they have serious complications.** Prolonged hypertension decreases your life expectancy and increases your risk for other serious health problems, including heart attack and stroke. According to the American Medical Association, monitoring your blood pressure is the *most effective* way to screen for hypertension.

## Determine your risk.

The following are risk factors that increase the probability of developing hypertension:

- Your age is 45 or older
- You are overweight or obese
- Lack of exercise
- You smoke cigarettes
- A family history of hypertension
- You have high LDL or low HDL cholesterol

## Recognize the symptoms.

Unfortunately, hypertension gives no warning signs, or the signs may go unrecognized. To protect yourself against serious disease, regular blood pressure screenings are necessary.

Symptoms of hypertension may include, headache, dizziness and nose bleeds.

## Take the test.

*Blood pressure* is among the most common and trusted tests that nurses perform. In fact, blood pressure *is the only test* used to diagnose hypertension. Blood pressure monitoring is a painless, non-invasive screening test. A professional nurse uses a soft cuff, wrapped around the arm to measure the pressure in your arteries. In just a few minutes, you will know your blood pressure and its significance.

**Independent Nursing Care, LLC** provides participants with education on prevention and management of hypertension. This includes high quality literature and one-on-one health counseling. Recommendations for lifestyle adjustments may be made and the importance of regular visits with your doctor will be emphasized.

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*Completing your circle of care*

## Summing it up.

**Hypertension is a serious disease characterized by an elevation in blood pressure.** The pressure of blood in your arteries can be measured and is known simply as “blood pressure”.

When the heart contracts, pressure increases (systolic pressure). When the heart relaxes, pressure decreases (diastolic pressure). As an example, “120/80” is the combination of systolic (120) and diastolic (80) pressures. This number gives crucial information about the health of your cardiovascular system.

If untreated, hypertension damages your arteries and can lead to blindness, heart disease, stroke and kidney failure. *Regular blood pressure screenings are the most effective way to protect against serious complications.*

## Knowing your numbers.

Hypertension is diagnosed based on a simple numerical system. Here are three examples of blood pressure readings. The blood pressures are paired up with the results:

Results	Systolic Pressure	Diastolic Pressure	Blood Pressure
Normal	119 (or lower)	79 (or lower)	119/79 mmHg (or lower)
Pre-hypertension	120 - 139	80 – 89	120/80 - 139/89
Hypertension	140 (or higher)	90 (or higher)	140/90 (or higher)

## Scheduling.

**Blood Pressure Screening Clinics** are available at flexible and convenient times. Once a date is chosen, you will receive a confirmation packet containing the following details:

1. Verification of clinic dates and times
2. A complete program summary
3. Duties and responsibilities of INC
4. Responsibility of your facility

**You will receive a comprehensive breakdown summary of the screening results.  
All personal information will be kept confidential.**

**Please call Independent Nursing Care to schedule  
a Blood Pressure Screening Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

[www.INCnursing.com](http://www.INCnursing.com)

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