Iker Leycegui M.D.

Concierge -Internal Medicine and Primary Care à la Carte

Name: _____

If **systolic** blood pressure (the first number) is **greater than 130** or the **diastolic** blood pressure (the second number) is **greater than 90**, this is considered elevated blood pressure or **hyper**tension. Both numbers do not need to be elevated in order to be classified as hypertension. One elevated number is sufficient to establish the diagnosis. Low blood pressure (**hypo**tension) is when the **systolic** (first number) is **less than 90** or **diastolic** (second number) is **less than 50**. **Return to our office earlier than your scheduled appointments if you are consistently running above or lower than the values stated**

Date	Blood Pressure	Time of Day	Heart Rate