South Miami Cardiology, P.A.

Blood Pressure Record

Name

Date of Birth

Important: Please remember to take your blood pressure 1-2 hours after you take your medications and when at rest for at least 5 minutes

Date	AM	PM	Date	AM	PM

Heart Attack Warning Signs

1. Fullness, pressure, or pain in center of the chest during exertion and sometimes at rest; pain may come and go and may last for more than a few minutes
2. Pain or discomfort may even occur in the arm(s), shoulder(s), back, jaw, neck and may feel like indigestion
3. Shortness of breath, light-headedness, cold sweats, and nausea are other warning signs

Stroke Warning Signs

1. Sudden numbness or weakness in the face, arm, or legs, especially if on one side of the body
2. Confusion, trouble with speech or understanding that is out of the ordinary
3. Sudden trouble with sight in one or both eyes
4. Sudden loss of balance, dizziness, or coordination
5. An unexplainable, severe headache

Symptoms of Peripheral Arterial Disease

1. Pain, often dull, aching, or throbbing in the calves, thighs, or buttocks with walking, usually relieved after a few minutes of rest
2. Non-healing ulceration in the foot, ankle, or toes, which is usually painful
3. Decreased pulses in the legs and feet
4. Hair loss or slower hair growth on the feet and lower legs

(305) 663-1001 www.SouthMiamiCardiology.com