

Oakland County Health Division

248-858-1406

Date _____

YOUR BLOOD PRESSURE IS:

Systolic/Diastolic

*1st reading _____/_____/_____ N PH H UH EH

2nd reading _____/_____/_____ N PH H UH EH

3rd reading _____/_____/_____ N PH H UH EH

BLOOD PRESSURE CHART		
Systolic		Diastolic
230	Emergency High	140
220		130
210		120
200	Urgent High	110
190		110
180		110
170	High	100
160		100
150		90
140		90
139	Prehypertension	89
130		86
120		80
110	Normal	70
100		60
90		50
80		40

*This is not a diagnosis.

Systolic: The measurement of the pressure in your arteries when your heart is pumping.

Diastolic: The measurement of the pressure in your arteries when your heart is resting (between beats).

Blood pressure changes over time and day to day. It is increased in people whose arteries are narrowed by fatty deposits. Blood pressure is also affected by age, body weight, exercise, stress, medications and other factors. Only a doctor can tell whether you should be on treatment, based on a complete medical evaluation.

BLOOD PRESSURE ADVICE:

- If your BP readings are normal:**
 - Have your blood pressure checked at least once a year
- If your BP Readings are high:**
 - Make an appointment to see your doctor to have these readings evaluated
 - High - within 2 months
 - Urgent High - within 1 week
 - Emergency High - within 24 hours
 - Treatment may include: exercise, stop smoking, lose weight, reduce salt intake, and/or medication
- If you are on treatment for High BP:**
 - Follow the treatment prescribed by your doctor. See your doctor as recommended.

Remember . . . High blood pressure usually has no symptoms. That is why it is important to have your blood pressure checked regularly and to talk to your doctor if you have any questions.



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

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REDUCED COST HEALTH CARE (FAMILY)

- ♦ Cabrini Clinic _____ (313) 961-7863
1435 Sixth St, Detroit
(Uninsured - no appointment needed - call for hours)
- ♦ Children's Clinic _____ (248) 334-0024
673 Martin Luther King Blvd, Pontiac
(Under 18 years without Medicaid - call for appointment)
- ♦ Father Popp's Clinic _____ (248) 334-2126
- ♦ Mercy Place _____ (248) 333-0840
(Uninsured - call for appointment; Nurse Practitioner)
- ♦ North Oakland Medical Center _____ (248) 857-7432
461 West Huron, Pontiac
- ♦ Oakland Primary Health Care Services _____ (248) 322-6747
1701 Baldwin, Ste. 101, Pontiac
- ♦ Planned Parenthood - Oakland _____ (248) 334-2616
132 Franklin St., Pontiac
- ♦ Sanger Surgical Center _____ (586) 758-2100
25932 Dequindre, Warren
- ♦ Seminole Primary Healthcare Services _____ (248) 857-6796
461 West Huron, Pontiac
- ♦ William Beaumont Outpatient Clinic _____ (248) 551-3000
3601 W 13 Mile Rd., Royal Oak
- ♦ "Healthy Kids" Insurance Program (free insurance under 16 years)
Applications & Information at:
Family Independence Agency
1685 Baldwin Rd., Pontiac _____ (248) 975-4500
31170 John R, Madison Heights _____ (248) 583-8700
195 Ladd Rd., Walled Lake _____ (248) 669-7600
235 N. Saginaw St., Pontiac _____ (248) 975-5200

RESOURCES FOR BLOOD PRESSURE AND/OR CHOLESTEROL SCREENING AND REDUCED COST HEALTH CARE

(call for dates, locations, and possible fees)

Blood Pressure and/or Cholesterol Screening

- ♦ Binson's Medical Supply (Troy) 248-828-8400
- ♦ Binson's Medical Supply (Royal Oak) 248-288-0440
- ♦ Botsford General Hospital 248-477-6100
- ♦ Riverside Hospital (Henry Ford Health System) 734-676-4200
- ♦ Oakwood Health System 313-982-4351
800-543-WELL
- Or
- ♦ Providence Medical Center 248-465-4100
Providence Park, 47601 Grand River Ave., Novi
- ♦ St. Joseph's Mercy Hospital Healthier Image 586-263-2410
- ♦ St. Mary Hospital 734-655-8940
- ♦ Blood Pressure Health Station Locator www.lifeclinic.com

Blood Pressure Screenings may also be available at Local Fire Departments, Hospitals & Drug Stores. For additional Community Resource information contact the Oakland County Health Division Nurse on Call at 248-858-1406



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www.co.oakland.mi.us/health