

Hypertension (High Blood Pressure)

High blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. High blood pressure is often referred to as the "silent killer" and may lead to diabetes, hypercholesterolemia, heart failure, low blood pressure, chronic kidney disease, stroke, nervousness, sweating, headaches, blood in eyes, facial flushing, dizziness, and reduced sex drive. Please test yourself consistently. Staying on top of this could save your life. Consult your doctor if your reading is above or below normal range.

Type 2 Diabetes (Glucose Level) A1C

Type 2 diabetes is an impairment in the way the body regulates and uses sugar (glucose) as a fuel. Type 2 diabetes results from insufficient production of insulin, causing high blood sugar. Early detection and treatment can decrease the risk of developing complications of diabetes. Uncontrolled high blood sugar can result in **increased thirst, frequent urination, increased hunger and or thirst, unintended weight loss, fatigue, blurred vision, slow-healing sores, frequent infections, numbness or tingling in the hands or feet, areas of darkened skin, usually in the armpits and neck. Please consult your doctor if your A1C is above 126 or 6%**



**Star Family Health Care
& Wellness Center**

Date _____

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100 COLLEGE PARK, GA 30349
404.767.7777

509 NORTH HIGHWAY SUITE A
GRIFFIN, GA 30223
678.603.1421

34 UPPER RIVERDALE RD SUITE
100 RIVERDALE, GA 30274
770.629.6122

Free Blood Pressure & Diabetic Check

Name _____ **DOB** _____

Phone _____ **Email** _____

Reading Results

-Blood Pressure (Systolic/Diastolic) _____

-Glucose Estimate A1C _____

Blood Pressure Chart

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Blood Glucose A1C Chart

	A1C PERCENTAGE	ESTIMATED AVERAGE GLUCOSE (EAG)	
NORMAL	< 5.7%	< 117 mg/dL	6.5 mmol/L
PREDIABETIC	5.7–6.4%	117–137 mg/dL	6.5–7.6 mmol/L
DIABETIC ↑ INCREASING RISK OF COMPLICATIONS ↓	> 6.4%	> 137 mg/dL	> 7.6 mmol/L
	6.5%	140 mg/dL	7.8 mmol/L
	7.0%	154 mg/dL	8.6 mmol/L
	7.5%	169 mg/dL	9.4 mmol/L
	8.0%	183 mg/dL	10.1 mmol/L
	8.5%	197 mg/dL	10.9 mmol/L
	9.0%	212 mg/dL	11.8 mmol/L
	9.5%	226 mg/dL	12.6 mmol/L
	10.0%	240 mg/dL	13.4 mmol/L