

[REDACTED]
Vital Signs check

Professor Wimer

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A blood pressure test helps determine the force of blood that is against the walls of the arteries as the heart is pumping through the body. My results for the blood pressure test was 108/71 mmHg. The first number which is 108 represents the systolic pressure, which is the pressure of the blood in the vessels when the heart is actually beating. The second number of my results was 71 and that represents the diastolic pressure, which is the pressure between the beats when the heart relaxes.

My results has fallen into the normal blood pressure category which is something I am very appreciative of because it is good for you. Especially since my mom has hypertension it made the experience of taking a trip to health services and getting this test done more interesting since I know that it is very common in my family history. What I can do to make sure I maintain good number is to just be aware of the long term effects. There are three different categories in which your blood pressure results can fall in. There is the normal blood pressure in which the number of your results are less than 120/80 mmHg. The second category is called the Prehypertension and this is the stage where your results are between 120-139 mmHg and/or 80-89 mmHg. If your results fall in this category it is definitely a time for you to seek help because it is possible that your blood pressure could be a potential problem later down the road. So as a solution to this you can consider changing your everyday lifestyles, exercising, becoming healthier and paying attention to the foods you choose to consume. The highest

category is where you would be diagnosed with high pressure, it is when the numbers are 140/90 mmHg or higher. I was also given my pulse along with my temperature while taking the blood pressure test. My pulse recorded at 94 and my temperature was 97.5.

Getting my vital signs taken by a professional health care provider is related to the dimensions of Wellness as described in the textbook, because in chapter 1 we learned about the vital statistics and in the chart in showed hypertension as the 13th leading causes of death in the United States as of 2009. The number of deaths were 25,651 and most of the lifestyle factors that contributed to this included unhealthy diets, inactive lifestyles, smoking and even excessive use of alcohol. That number of deaths is ridiculously huge and something that can be for the most part preventable in a way in making sure you make changes to your lifestyle.