



American Heart Association.

INSTRUCCIONES PARA MEDIR LA PRESIÓN ARTERIAL

DURANTE 30 MINUTOS ANTES DE LA MEDICIÓN DE TU PRESIÓN ARTERIAL:

- NO FUMES.
- NO REALICES EJERCICIOS.
- NO BEBAS BEBIDAS CON CAFÉINA.
- NO BEBAS ALCOHOL.

DESCANSA DURANTE AL MENOS 5 MINUTOS. SIÉNTATE TRANQUILAMENTE SIN HABLAR.

MIENTRAS TE PREPARAS PARA LA MEDICIÓN DE LA PRESIÓN ARTERIAL:

- RELAJARSE.
- NO HABLES.
- DESCANSA EL BRAZO CÓMODAMENTE SOBRE UNA SUPERFICIE PLANA AL NIVEL DEL CORAZÓN.
- SIÉNTATE DERECHO, CON LA ESPALDA RECTA Y APOYADA.
- NO CRUCES LAS PIERNAS Y MANTÉN LOS PIES PLANOS EN EL SUELO.

INMEDIATAMENTE ANTES:

- COLOCA LA PARTE INFERIOR DEL MANGUITO POR ENCIMA DE LA CURVA DEL CODO.
- ENRÓLALA EL MANGUITO SOBRE TU PIEL DESNUDA, NO SOBRE LA ROPA.

USA UN DISPOSITIVO CORRECTAMENTE CALIBRADO Y VALIDADO. COMPRUEBA EL TAMAÑO Y EL AJUSTE DEL MANGUITO.

TOMA AL MENOS DOS MEDICIONES CON UN INTERVALO DE UN MINUTO POR LA MAÑANA ANTES DE TOMAR MEDICAMENTOS Y POR LA NOCHE ANTES DE ACOSTARTE. APUNTA TODOS LOS RESULTADOS. (SI OBSERVAS QUE LA LECTURA EN UN BRAZO ES MÁS ALTA QUE EN EL OTRO, USA EL BRAZO CON LA LECTURA MÁS ALTA.)

Niveles de presión arterial recomendados por la Asociación Americana del Corazón

Categoría de la presión arterial	Sistólica mm Hg (número de arriba)	y	Diastólica mm Hg (número de abajo)
Normal	Menos de 120	y	Menos de 80
Elevada	120-129	y	Menos de 80
Presión arterial alta (Hipertensión) Nivel 1	130-139	o	80-89
Presión arterial alta (Hipertensión) Nivel 2	140 o más alta	o	90 o más alta
Crisis de hipertensión (consulta a tu médico de inmediato)	Más alta de 180	y/o	Más alta de 120



- ESPERA UNOS MINUTOS Y TOMA LA PRESIÓN ARTERIAL OTRA VEZ.
- SI TU PRESIÓN ARTERIAL SE MANTIENE ALTA Y NO HAY OTRAS SEÑALES O SÍNTOMAS, COMUNICARE INMEDIATAMENTE CON TU PROFESIONAL DE ATENCIÓN MÉDICA.
- SI EXPERIMENTAS SEÑALES DE POSIBLE DAÑO A LOS ÓRGANOS, COMO DOLOR DE PECHO, FALTA DE AIRE, DOLOR DE ESPALDA, ENTUMECIMIENTO/DEBILIDAD, CAMBIOS EN LA VISTA O DIFICULTAD PARA HABLAR, LLAMA AL 911.

MÁS INFORMACIÓN EN [HEART.ORG/HBP](https://www.heart.org/hbp)

Spanish Blood

Anthony S. Fauci



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Table of Contents Spanish Blood

1. Understanding the eBook Spanish Blood
 - The Rise of Digital Reading Spanish Blood
 - Advantages of eBooks Over Traditional Books
2. Identifying Spanish Blood
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Spanish Blood
 - User-Friendly Interface
4. Exploring eBook Recommendations from Spanish Blood
 - Personalized Recommendations
 - Spanish Blood User Reviews and Ratings

-
- Spanish Blood and Bestseller Lists
 - 5. Accessing Spanish Blood Free and Paid eBooks
 - Spanish Blood Public Domain eBooks
 - Spanish Blood eBook Subscription Services
 - Spanish Blood Budget-Friendly Options
 - 6. Navigating Spanish Blood eBook Formats
 - ePub, PDF, MOBI, and More
 - Spanish Blood Compatibility with Devices
 - Spanish Blood Enhanced eBook Features
 - 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Spanish Blood
 - Highlighting and Note-Taking Spanish Blood
 - Interactive Elements Spanish Blood
 - 8. Staying Engaged with Spanish Blood
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Spanish Blood
 - 9. Balancing eBooks and Physical Books Spanish Blood
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Spanish Blood
 - 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 - 11. Cultivating a Reading Routine Spanish Blood
 - Setting Reading Goals Spanish Blood
 - Carving Out Dedicated Reading Time
 - 12. Sourcing Reliable Information of Spanish Blood
 - Fact-Checking eBook Content of Spanish Blood
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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