



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

**PRESIÓN ARTERIAL MÁS ALTA DE 180/120 mm Hg ES UNA CRISIS.\***

- \* 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

**L Cohen**



## **Spanish Blood:**

## Reviewing **Spanish Blood**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Spanish Blood**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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