



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

Thomas De Quincey



Spanish Blood:

Summer of Pearls and Spanish Blood Mike Blakely, 2015-12-29 Two memorable novels from Spur Award winning author Mike Blakely at one low price Summer of Pearls The coming of the railroad nearly spelled the end of the riverboat community of Port Caddo until the Great Caddo Lake Pearl Rush of 1874 Ben Crowell remembers it well that summer he fell in love That autumn Judd Kelso a local riverboat owner was killed The pearl rush was over within a few months but Judd Kelso s murder remained unsolved and only Ben Crowell seemed interested in finding out who killed Kelso and why Spanish Blood In 1870 Bart Young heads for the New Mexico Territory where he has heard men are making fortunes overnight in land speculation on the old Spanish grants He expects to be rich before the year is out But the ranchers are stubborn the local officials are corrupt and Bart isn t the first hopeful to arrive His dream seems a lost cause until he stumbles onto evidence of a lost grant bigger than he could have ever imagined the entire Sacramento Mountain Range At the Publisher s request this title is being sold without Digital Rights Management Software DRM applied

The Journal of Heredity, 1920 The journal discusses articles on gene action regulation and transmission in both plant and animal species including the genetic aspects of botany cytogenetics and evolution zoology and molecular and developmental biology *The Founding of Spanish California* Charles Edward Chapman, 1916 *Federal Employment of Spanish-speaking Americans* United States. Congress. House. Committee on the Judiciary. Subcommittee on Civil Rights and Constitutional Rights, 1975 Spanish Marriage Helen Mary Keynes, 1913 **Federal Employment of Spanish-speaking Americans** United States. Congress. House. Committee on the Judiciary, 1975 The Spanish Nun Thomas De Quincey, 1882 *History of the Spanish revolution; commencing with the establishment of the constitutional government of the cortes* Joseph Hemingway, 1823 The American-Spanish War War Leaders, 1899 Liberty and Despotism in Spanish America Lionel Cecil Jane, 1929 The Poultry Manual Thomas William Sturges, 1915 Spanish Sunlight Agnes Russell Weekes, 1924 Spanish Institutions of the Southwest Frank Wilson Blackmar, 1891 Spanish Alta California Alberta Johnston Denis, 1927 *The Spanish gypsy* George Eliot, 1909 **Spanish and Italian Possessions: Independent States** Great Britain. Foreign Office. Historical Section, 1920 *Spanish Highways and Byways* Katharine Lee Bates, 1900 **History of Negro Soldiers in the Spanish-American War** Edward Austin Johnson, 1899 **The Prose Works of William Wordsworth** William Wordsworth, 1876 *Political and ethical* William Wordsworth, 1876

Decoding **Spanish Blood**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Spanish Blood**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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