

BLOOD SUGAR AND BLOOD PRESSURE CHART

PATIENT DETAILS

Name: Mr. Garret Brown

Gender: Male

Date of Birth: August 16, 1998

Underlying Medical Conditions: None

Target SBP: <120 mm Hg

Target DBP: <80 mm Hg

Target Blood Sugar (Before Meals):
<130 mg/dL

Target Blood Sugar (After Meals):
<180 mg/dL

DATE	TIME	BEFORE/AFTER MEALS	DBP	BLOOD SUGAR
June 15, 2040	07:30 AM	Before	115/80 mm Hg	150 mg/dL
June 15, 2040	07:15 PM	After	120/72 mm Hg	160 mg/dL
July 15, 2040	07:30 AM	Before	122/81 mm Hg	130 mg/dL
July 15, 2040	07:15 PM	After	118/82 mm Hg	155 mg/dL
August 15, 2040	07:30 AM	Before	115/89 mm Hg	150 mg/dL
August 15, 2040	07:15PM	After	114/88 mm Hg	175 mg/dL
September 15, 2040	07:30 AM	Before	123/81 mm Hg	122 mg/dL
September 15, 2040	07:15PM	After	121/78 mm Hg	150 mg/dL

AVERAGE Blood Sugar (Before Meals): 138 mg/dL

AVERAGE Blood Sugar (After Meals): 160 mg/dL

AVERAGE BPM: 119/81 mm Hg

Blood Glucose And Blood Pressure Chart

Stella Vosniadou

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Blood Glucose And Blood Pressure Chart:

Blood Pressure and Glucose Log Book Meadow Belle, 2021 Diabetics can chart their blood pressure and blood glucose levels throughout each day and have a handy record for doctor's appointments 6 x 9 110 Pages 2 Page Weekly Spreads 52 Weeks Total Each Day has 4 Time Slots to Record Systolic Diastolic and Heart Rate Each Day has 4 Time for Blood Sugar Glucose Readings Before and After Meals Handy Blood Pressure Chart and Blood Sugar Chart at the Front of the Journal Premium Matte Soft Cover in a Space with Planets Pattern **Mosby's Pocket Guide to Nursing Skills and Procedures**

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Akash Tiwari, 2023-04-01 Archives of Internal Medicine, 1916 **Type 2 Diabetes** Robert Fried, Richard M.

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body damage caused by chronic high levels of blood sugar hyperglycemia in Type 2 diabetes is actually due to excessive generation of unopposed free radicals and reactive oxygen species ROS These in turn cause chronic systemic inflammation and dysfunction of the endothelial lining of the arterial blood vessels jeopardizing the formation of the protective molecule nitric oxide NO thus severely impairing the blood supply to every organ and tissue in the body This book also catalogues the evidence that chronic hyperglycemia causes profound and often irreversible damage even long before Type 2 diabetes has been diagnosed In addition because conventional prescription treatments are unfortunately often inadequate the book details evidence based complementary means of blood sugar control **Glucose and Blood Pressure Log Book** Charlotte

Journals,2021-05-24 Accurately tracking your blood sugar and blood pressure is important and beneficial for an overall successful health management By recording daily blood sugar levels and blood pressure readings in a log book you and your doctor will be able to more easily identify patterns to better customize your treatment goals This log book was created to make it easy to record and document your daily glucose numbers before and after meals BP with time of day including heart rate and even add in additional thoughts or feelings about the week Journal Features Personal Data page with blood type medications emergency contact doctor and specialists information including physician pharmacy eye doctor and dentist for easy reference Know Your Numbers guide page with blood glucose chart blood pressure chart and heart rate chart Pages on how to control blood sugar naturally and how to manage stress to lower blood pressure Each WEEKLY page includes the following Week log with weight and mood tracker Date log and day of the week starting every Monday Blood sugar numbers log before and after breakfast lunch dinner and snacks Blood pressure systolic and diastolic log for morning noon evening and bedtime Heart rate log Additional notes If you prefer a comprehensive journal to track and monitor your pain better this log book is for you BUY YOURS TODAY **International Handbook of Research on Conceptual Change** Stella

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