

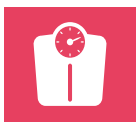
## WHAT ARE MY VITAL SIGNS?



### THEY ARE MEASUREMENTS

of the body's most basic functions.

The vital signs routinely monitored by medical professionals and healthcare providers include:



### HEIGHT AND WEIGHT

calculates your body mass index (BMI) and determines if you're underweight, a healthy weight, overweight or obese.



### BODY TEMPERATURE

measures how well your body can make or get rid of heat.



### PULSE RATE

or sometimes called your heart rate, measures the number of times your heart beats per minute.



### RESPIRATION RATE

also called rate of breathing, measures the number of breaths you take per minute.



### BLOOD PRESSURE

is the force of blood pushing against artery walls during contraction and relaxation of the heart.

## MONITORING YOUR VITAL SIGNS

### A HEALTHY BODY WEIGHT

reduces the risk of diseases related to being overweight or obese.



- Height fluctuations can signal bone loss and increased risk of osteoporosis.
- Weight increases or decreases can indicate underlying medical problems or poor lifestyle habits.

Your body temperature tells you if you have a fever (higher than normal temperature) or are experiencing hypothermia (lower than normal temperature).

Normal temperature can range between **97.8-99 °F**



Your pulse rate can provide insight to your heart rhythm and strength of your pulse. A normal pulse rate can range between **60-100 BEATS PER MINUTE**

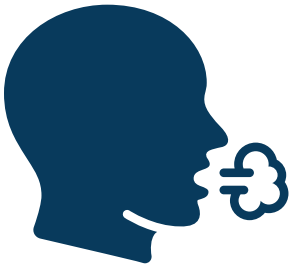


Your pulse fluctuates with:

- Exercise
- Illness
- Injury
- Emotions

## MONITORING YOUR VITAL SIGNS

Normal respiration rates can range between **12-16 BREATHS PER MINUTE**

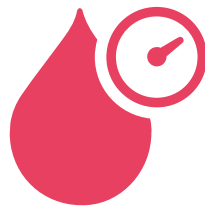


Your respiratory rates increase with:

- Fever
- Illness
- Other medical conditions

## TWO NUMBERS ARE RECORDED

when measuring your blood pressure.



- The higher number is the systolic pressure, which is pressure inside the artery when the heart contracts and pumps blood through the body.
- The lower number is diastolic pressure, which is pressure inside the artery when the heart is at rest and filling with blood.

BLOOD PRESSURE CATEGORY	BLOOD PRESSURE READING
NORMAL	< 120 / < 80
ELEVATED	120 - 129 / < 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE ONE	130 - 139 / 80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE TWO	> 140 / > 90
HYPERTENSIVE CRISIS CONSULT YOUR DOCTOR	> 180 / > 120

## IMPORTANCE OF YOUR VITAL SIGNS

### ASSESS YOUR WELL-BEING

- Vital signs are a snapshot of what's going on inside your body.
- Based on your results, a doctor may conduct further tests, diagnose a problem or suggest lifestyle changes.

### PREVENT MISDIAGNOSIS

- Vital signs provide concrete information that is used to assess your health and form a correct diagnosis.

### DETECT HEALTH PROBLEMS

- Silent symptoms of diseases can go undetected but your vitals can help you become aware of any changes.
- It's important to understand what your vital signs are (normal is different for each person) - so that if they change, your doctor can find out the underlying cause.
- There are phone apps that can help make it easy to track all of this important information.

### MOTIVATES LIFESTYLE CHANGES

- Vital signs can signal affects your lifestyle choices are having on your body such as too much caffeine, high stress, or dehydration.
- Knowing your signs allows you to fix habits that have a negative impact on your health.

Visit [echn.org/echn-medical-group](http://echn.org/echn-medical-group) to find the right doctor for you.