Preventive Medical Clinics of the Desert
Allen Lawrence, M.D., Ph.D.
2825 Tahquitz Canyon, Suite 200
Palm Springs, CA 92262
760.320.4292

High Blood Pressure

High Blood pressure can occur for many reasons. It can be related to hardening of the arteries, or heart problems or it can be due to weight gain, poor diet, stress or depression. Often the reason for an individuals blood pressure is not clear until a complete physical evaluation and work up has been done. Often people only have elevated blood pressure when they come to see the doctor, so called White Coat Syndrome, not infrequently lifestyle can contribute to raising the blood pressure. If you have a question as to whether you have high blood pressure at all, or whether you can reduce medication or change your lifestyle to lower your blood pressure, then please do the following:

1. If you do not already have a blood pressure cuff (arm or wrist) purchase one.
2. Take your blood pressure several times a day, randomly or when you are stressed, relaxed worried or angry and record date, time, blood pressure (BP) and circumstances of what is happening in your life just before you take your BP (in Comments/Circumstances Section).
3. Do this for one to two weeks and then bring the record in and let us review it. You can make your own form or use the one below.

Date	Time	BP	Pulse	Comments/Circumstances

Date	Time	BP	Pulse	Comments/Circumstances