

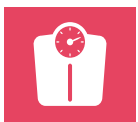
WHAT ARE MY VITAL SIGNS?



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

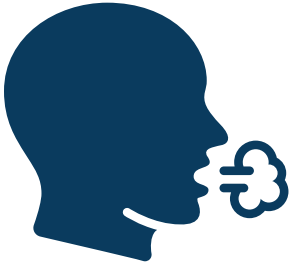


Your pulse fluctuates with:

- Exercise
- Illness
- Injury
- Emotions

MONITORING YOUR VITAL SIGNS

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

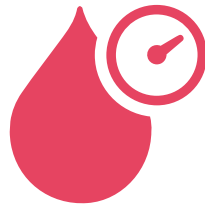


Your respiratory rates increase with:

- 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 [waterburyhospital.org/all-services/primary-care-internal-medicine/](https://www.waterburyhospital.org/all-services/primary-care-internal-medicine/) to find the right doctor for you.