



# Stay On Track.

Using a symptom tracker and recording your blood pressure can help you and your healthcare provider manage your symptoms of neurogenic orthostatic hypotension (nOH).



## How Tracking Can Help

Neurogenic orthostatic hypotension (nOH) is a condition that may affect people with Parkinson's disease, multiple system atrophy, pure autonomic failure, and other nervous system disorders.

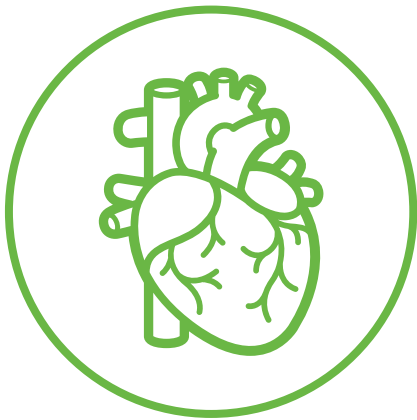
The most common symptoms of nOH include feeling dizzy or lightheaded after standing.

People may think that their nOH symptoms are part of their nervous system disorder. However, nOH is a separate condition that can also be managed.

One way that management of nOH is measured is by symptom improvement. Keeping a log of your blood pressure and your nOH symptoms can help you work with your healthcare provider to develop the management plan that is best for you.

## Blood Pressure Basics

Your blood pressure is actually 2 readings: your systolic pressure (the top number) and your diastolic pressure (the bottom number). Both numbers are important in helping your doctor assess your health.



### Systolic Pressure

The systolic pressure reading indicates the amount of pressure in your arteries when your heart muscle is beating.

### Diastolic Pressure

The diastolic pressure reading indicates the amount of pressure when your heart muscle is resting between beats.

People with nOH experience a sustained drop of at least 20 mmHg in systolic blood pressure or a drop of at least 10 mmHg in diastolic blood pressure within 3 minutes of standing.

*Talk with your doctor about how to take your blood pressure, and what blood pressure range is right for you.*

# Your Blood Pressure and Symptom Diary

Use this diary to keep track of your blood pressure and your nOH symptoms. Bring these notes with you to your next doctor's appointment.

## Here's what to do:

- Remember to take your blood pressure in different positions—lying down or sitting, then standing
  - Your doctor may recommend taking your blood pressure in a quiet place, and at the same time every day (eg, in the morning, after breakfast or lunch, or at bedtime)
- Describe how you feel when standing up or changing positions, as well as any other symptoms you experience
  - Did you feel dizzy? Lightheaded? Or like you may pass out?
  - Did you experience blurry vision? Muscle weakness? Or nausea?

## Take your blood pressure in different positions:



Lying down



Sitting



Standing

# Your Weekly Blood Pressure Tracker

Repeat for as many weeks as needed.

BLOOD PRESSURE READINGS		LYING DOWN	SITTING	STANDING	
MONDAY	DATE	TIME	/	/	/
		TIME	/	/	/
TUESDAY	DATE	TIME	/	/	/
		TIME	/	/	/
WEDNESDAY	DATE	TIME	/	/	/
		TIME	/	/	/
THURSDAY	DATE	TIME	/	/	/
		TIME	/	/	/
FRIDAY	DATE	TIME	/	/	/
		TIME	/	/	/
SATURDAY	DATE	TIME	/	/	/
		TIME	/	/	/
SUNDAY	DATE	TIME	/	/	/
		TIME	/	/	/

# Your Weekly Symptom Tracker

Repeat for as many weeks as needed.

		<b>nOH Symptoms After Standing</b> <i>Include when you experience these symptoms—eg, after getting out of bed or after getting out of the car.</i>
<b>MONDAY</b>	DATE	
<b>TUESDAY</b>	DATE	
<b>WEDNESDAY</b>	DATE	
<b>THURSDAY</b>	DATE	
<b>FRIDAY</b>	DATE	
<b>SATURDAY</b>	DATE	
<b>SUNDAY</b>	DATE	



To learn more about nOH  
and hear real-life stories, visit  
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