Why Your Pet’s Blood Pressure Matters

Regularly monitoring your pet’s blood pressure (BP) can:
• Lead to the earlier diagnosis of diseases
• Avoid other diseases linked to sustained low or high BP
• Help evaluate the effectiveness of ongoing treatments

Outcomes of sustained High BP
• Brain: hemorrhage, seizures, dementia, neurological deficit
• Heart: left ventricular hypertrophy, alterations in arteries and arterioles
• Eye: blindness, glaucoma, hemorrhage, retinal detachment
• Kidney: glomerulosclerosis, glomerular atrophy, tubular degeneration, interstitial fibrosis

Causes of HIGH BP
• Chronic Kidney Disease (CKD)
• Age
• Obesity
• Diabetes
• Heart failure
• Hypothyroidism or Hyperthyroidism
• Cushing syndrome

Causes of LOW BP
• Hypovolemia
• Bleeding or dehydration
• Sepsis
• Arrhythmias
• Kidney problems, liver or endocrine

Symptoms of HIGH BP
• Seizures
• Disorientation
• Weakness
• Blindness
• Dilated pupils
• Blood in urine

Symptoms of LOW BP
• Fainting
• Low urine output

What is a Normal Pet BP?
Below 150/95

Risk of High BP

<table>
<thead>
<tr>
<th>Risk Category</th>
<th>Systolic BP</th>
<th>Diastolic BP</th>
<th>Risk of Organ Damage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>&lt;150</td>
<td>&lt;95</td>
<td>Minimal</td>
</tr>
<tr>
<td>II</td>
<td>150-159</td>
<td>95-99</td>
<td>Mild</td>
</tr>
<tr>
<td>III</td>
<td>160-179</td>
<td>100-119</td>
<td>Moderate</td>
</tr>
<tr>
<td>IV</td>
<td>≥180</td>
<td>≥120</td>
<td>Severe</td>
</tr>
</tbody>
</table>

Remember S P O T When Taking an Animal’s Blood Pressure

S: SURROUNDINGS
Let patient acclimate 5-10 minutes in a quiet room
Owner should be present if possible
Perform BP measurement prior to invasive activities

P: PLACEMENT
A properly sized cuff should be snug around the limb or base of tail
If two cuffs fit the limb, use the larger cuff
Keep the cuff close to heart level

O: ORIENTATION
Cats and small dogs should be held by owner or lying on table
Large dogs should sit with paw held at heart level or lying on the floor

T: TAKE MEASUREMENT
Take 3-5 measurements and average
Owner should pet the animal or speak to it