DYSREFLEXIA

- A fast, major increase in blood pressure—20-40 mm Hg systolic higher than usual.
- A pounding headache
- A stuffy nose
- Anxiety or jitters
- Tightness in your chest, flutters in your heart or chest, or trouble breathing
- Blurry vision or seeing spots
- Heavy sweating
- Flushed or reddened skin
- Goose bumps

Sit up or raise your head to 90 degrees. **Important:** You need to stay sitting or upright until your blood pressure is normal.

Loosen or take off anything tight.

Monitor your blood pressure about every 5 minutes.

Check your bladder for drainage.

Call your health-care professional, even if warning signs go away.

If warning signs return, repeat steps, call your health-care professional, and go to the emergency room.

At the emergency room, tell staff you need immediate care:

- May have dysreflexia.
- Need blood pressure checked.
- Need to remain sitting up.
- Need causes of the problem sought.

To obtain a complete guide, call toll-free (888) 860-7244 or www.pva.org

2000 PARALYZED VETERANS OF AMERICA