



DYSREFLEXIA

- A fast, major increase in blood pressure—20-40 mm Hg systolic higher than usual.
- A pounding headache
- Heavy sweating
- Flushed or reddened skin
- Goose bumps



- Blurry vision or seeing spots
- A stuffy nose
- Anxiety or jitters
- Tightness in your chest, flutters in your heart or chest, or trouble breathing

- . 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

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