

Advice for home blood pressure monitoring

DO the following:

- follow directions that come with the device.
- rest for 5 minutes before taking your blood pressure measurement.
- empty your bladder and bowels before taking your blood pressure.
- sit with your feet flat in the floor, back and arm supported, and arm at heart level.
- completely remove all clothing from your upper arm.
- measure blood pressure in the morning (before taking medication & eating) and in the evening (before going to bed, bathing, or taking medication)
- take at least 2 measurements, waiting 1-2 minutes between readings; record date and time.



DO NOT ...

- cross your feet.
- smoke or drink caffeine for 30 minutes before taking a reading
- eat a big meal for 2 hrs before taking your blood pressure.
- wear tight clothing.
- talk or watch TV during the test.
- measure your blood pressure when you are cold, anxious, uncomfortable, stressed or in pain.

For a healthy, low sodium (salt) diet, choose the following more often:

- Fresh fruits and vegetables
- Low fat milk products
- Whole grains
- Lean meat, fish and poultry
- Use herbs & spices to flavor food—cut down on salt at the table and in cooking
- Read food labels and buy brands with less than 200mg of sodium (salt) per serving.



Avoid the following:

- Fast food, restaurant and packaged food
- Food high in sodium (salt) higher than 400mg sodium per serving, sugar, saturated or trans fats
- Use of condiments such as ketchup, mustard, soy sauce, gravies and salad dressing high in sodium.
- Pickled foods, olives, salsa and dips
- Cured/smoked meats or fish

Nutrition Facts

Amount	% Daily Value
Per 1 burger (130 g)	
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

The % Daily Value tells you whether there is a little or a lot of sodium in a food item. Compare similar foods & pick the product with the lower amount of sodium

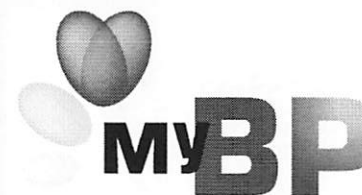
- Choose % Daily Value of 10% or less
- Try not to choose % Daily Value of 20% or higher

For more information, contact [Hypertension Canada](http://www.hypertension.ca)

www.hypertension.ca

Tel: (403) 210-6235

Email: soallu@ucalgary.ca



www.myBPsite.ca

Sign up and stay informed about the latest high blood pressure information and resources



What is high blood pressure?



Blood pressure is the force that pushes blood through your blood vessels. This force is necessary to make blood flow, delivering oxygen and nutrients to the body. Blood pressure varies throughout the day, but if it is usually above the healthy range, it is called high blood pressure or hypertension.

Understand your numbers

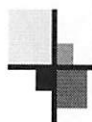
There are two blood pressure measurements. Systolic pressure is the higher blood pressure measurement. It occurs when your heart contracts. Diastolic pressure is the lower pressure measurement, and it occurs when your heart relaxes and fills with blood.

What should your blood pressure be?

	< 140/90 mmHg
Most people	< 135/85 mmHg (at home)
People with diabetes or kidney disease	< 130/80 mmHg

Should you monitor your blood pressure?

Anyone can develop high blood pressure, but it becomes more common as you get older. Whether or not you have high blood pressure, it is important to have your blood pressure checked regularly. High blood pressure has no warning signs or symptoms—which is why it is a “silent killer”. Therefore, blood pressure needs to be measured regularly.



High Blood Pressure is
VERY common

If either the systolic or diastolic number is consistently high, you need to make changes to your lifestyle. You may need further monitoring and drug treatment.

What can I do about high blood pressure?

Blood pressure can be controlled. To prevent hypertension or better control your blood pressure you can;

- Get regular physical activity
- Eat a healthy diet
- Eat less salt
- Lose weight or maintain a healthy weight
- Avoid excess alcohol
- Stop smoking and avoid places where other people smoke.

‘White coat’ hypertension

Some people have higher blood pressure when they visit the doctor. This condition is called ‘white coat’ hypertension . . .

Measuring, tracking and recording your blood pressure

... regularly can be very useful. This information helps your doctor know whether you are at risk of developing hypertension, and how well your blood pressure is controlled. If you have been diagnosed with high blood pressure, keeping track helps you see the benefits of treatment and lifestyle changes. It also reminds you to stick to your treatment plan.

Buying a blood pressure monitor

Blood pressure monitors can be bought at most pharmacies. Ask your health care provider to help you choose the right size cuff.



A list of approved monitors will have this logo, and can be found at ...

<http://hypertension.ca/chs/deviceendorsements/devices-endorsed-by-chs/>



You can also watch an informative video on how to measure your blood pressure at home at ...

<http://hypertension.ca/video/>

‘Masked’ hypertension

‘Masked’ hypertension is when some people have normal blood pressure when at a doctor’s office, but have high blood pressure in other situations .