## HOME BLOOD PRESSURE MONITORING



Measuring your blood pressure at home is one of the best ways to know if it is under good control



Keep a record of your readings and share them with your doctor at every visit

YOUR BLOOD PRESSURE READING IS BASED ON TWO MEASURES:

The **systolic (top) number** is the measure of the pressure in your blood vessels when your heart pumps

The diastolic (bottom) number is the measure of pressure when your heart relaxes between beats

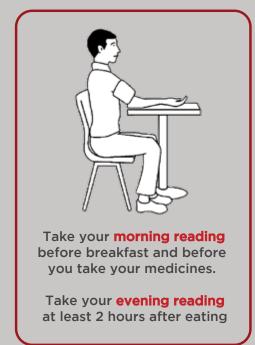
For most people, target below:

135

## 85

## WHEN MONITORING BLOOD PRESSURE AT HOME:

- Empty your bladder or bowel, if necessary
- · Sit with your legs uncrossed, feet flat on the floor
- Get comfortable, with your back and arm supported
- Apply cuff on your bare upper arm, 3 cm above elbow crease
- Rest quietly for 5 minutes before starting
- Take your first blood pressure reading Do not speak or move while the machine is taking your reading
- · Wait at least 1 minute then take your second blood pressure reading
- Keep a record of your readings including the date and time
- Measure your blood pressure 7 days before your regular doctor's appointment (or after a change in medicines)
- Take your blood pressure twice a day at the same time and using the same arm each time
- Do not smoke or drink caffeine for 30 minutes beforehand
- Do not measure your blood pressure when you are upset or in pain
- Once you have purchased a home monitor, take it to your healthcare provider's office once or twice a year to make sure it continues to give accurate readings



## **WHAT YOU CAN DO:**



**EAT A HEALTHY DIET** - Eat plenty of vegetables and fruits, low-fat milk products, whole grains, lean meats, fish, legumes (dried beans) and nuts



LIMIT SALT INTAKE - Salt (sodium) makes your body retain water and raises your blood pressure





**BE ACTIVE** - Exercise for at least 150 minutes per week doing moderate to vigorous aerobic physical activity, in bouts of 10 minutes or more



MANAGE STRESS - Stress can cause the heart to work harder and increase blood pressure

Try ways to help you relax such as deep breathing or meditation



**LIMIT ALCOHOL** - Drinking too much alcohol can raise blood pressure and reduce the effect of medicines



**STOP SMOKING** - If you smoke, speak to your doctor or healthcare provider about help with quitting



TALK TO YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS ABOUT OR ARE HAVING TROUBLE TAKING YOUR MEDICATIONS

