

Home Blood Pressure Log

You or your health care professional may nt to nitor Jod pressure at home – twice a day for vee. nore 'ntments – to accurately fore a_k confirm your avera Jod pressure nonitor how well your blood le change medications. This log is intended pressure is roomo neasure indirected your blood pressure in preparation to hr J CC ten for vo nents. pr

How is blood pressure measured?

Blood pressure is measured on the upper arm using a device with an inflatable cuff. Blood pressure readings have two numbers, one on top of the other, as in 120/80 mmHg. The abbreviation "mmHg" represents millimeters of mercury, a standard measurement of pressure. The top number is your systolic blood pressure, and is the highest level of pressure reached as your heart beats. The bottom number is your diastolic blood pressure and is the lowest level of pressure as your heart relaxes between beats.

What type of blood pressure monitor should I buy?

It is important to select a model with the right cuff size for your upper arm. A pharmacist or other health care professional can measure your arm circumference to ensure you purchase a monitor that is right for you. There are many approved devices available in Canada. Bring the monitor to your health care professional yearly to have it checked for accuracy. For more information on selecting a monitor, visit hypertension.ca.

Who can take the measurement?

You can, or you may ask a friend or family member to sist y i. It is most important that you or the person assist you far iar with how to take the measurements. Consult our health ca professional and read the device menu for consults.

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When should I +

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Before taking ur h'nd pres.

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Thirty numutes after exercise.

Always after resting five minutes, without talking.

me reasoning tips:

- Write down all blood pressure readings for each day.
 Measure twice in the morning and twice in the evening.
- Wait one minute between the first and second readings.
- If the difference between the first and the second reading is more than 10 mmHG, wait one more minute and take a third reading.
- Repeat for seven days, or as your health care professional instructs.

What is my target blood pressure?

Ideally, blood pressure should be below 120/80 mmHg to maintain good health and reduce the risk of stroke, heart disease and other conditions. However, the target depends on factors like age, health conditions, and whether the reading is being taken at home or your health care professional's office.

If you have diabetes, kidney disease or other health conditions, speak to your health care professional about your readings and the treatment that is right for you. Remember, only your health care professional can tell you exactly what your target blood pressure should be.

Systolic	Diastolic	Ac
Below 120	Below 80	Maintain or opt i 'thy the vic
120-139	80-89	N. in or opt her the viours.
140-159	90	Adopt , ' pehaviours. If goal isn't reached a montr, to your doctor about taking medication(s).
160 aı 9r	100 ⊣ high⊾	t healthy behaviours. Talk to your doctor about taking medication(s).

The ood the ure tage oure for adults under the age of 80. Ranges may be lower for children and ers. Talk our child's health care professional if you think your child has high blood pressure. In the second secon





Measuring blood pressure the right way:

- Comfortable, distractionfree environment
- Without talking or moving before or during the measurements
- Sitting position
- Back supported
- Feet flat on the flog
- Legs uncros
- Arm _ortea
- Mic of cuffa

I'm anxious out my high

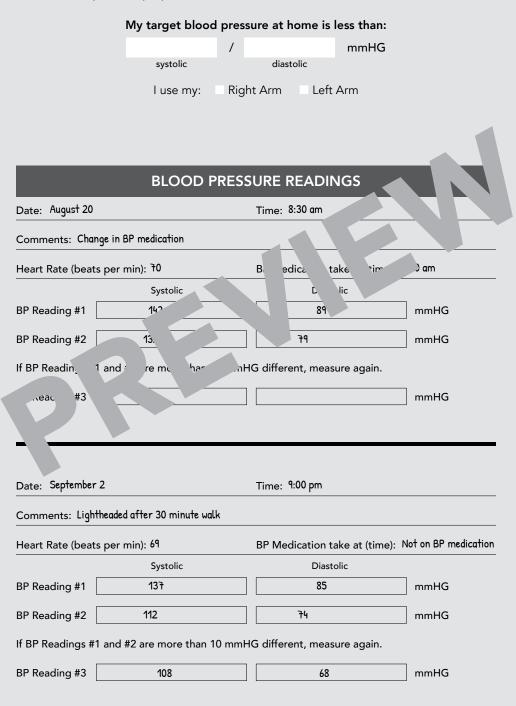
lood pressure. What

It's i mal to ave destribution or concerns after your hypertension on may can feel a little bit anxious or scared. For hemory, yoccure not alone. Consider creating your personal support soccer made up of family, friends, and your health care professional. Let a loved one know that you have committed to logging your blood pressure and ask them to hold you accountable. Make sure to celebrate when you hit a milestone and don't be afraid to ask for support during a difficult time.

For more information about blood pressure and for resources to help you control it, visit hypertension.ca.

Home blood pressure log

Every year, with your health care professional, review the technique for measuring your blood pressure properly, and check that your device is in good condition.



		SSORE READINGS	
Date:		Time:	
Comments:			
Heart Rate (beat	s per min):	BP Medication take at (time):	
	Systolic	Diastolic	
BP Reading #1			mmHG
BP Reading #2			mmHG
If BP Readings #	1 and #2 are more than 10 mr	mHG different, measure again.	
BP Reading #3			mmHG
Date:		Time:	
Comments:			
Heart Rate (beat	s per min):	Vedic. tak .e):	
	Svr.	Lylic	_
BP Reading #1			mmHG
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For more information, and other resources to help you prevent and control hypertension, visit **hypertension.ca**.

This brochure provides practical information based on Hypertension Canada's clinical practice guidelines for the prevention, diagnosis and treatment of hypertension. Hypertension Canada's Resource Review Committee has reviewed the content of this brochure for accureliability, and helpfulness to the interval

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