














Advice for home blood pressure monitoring

-  **DO** follow instructions that come with the device
-  **DO** rest for 5 minutes before taking a measurement.
-  **DO** empty your bladder and bowels before taking a reading.
-  **DO** sit with your feet flat in the floor, back and arm supported, and arm at heart level.
-  **DO** completely remove clothing from your upper arm.
-  **DO** measure blood pressure in the morning (before taking medication & eating) and in the evening (before going to bed, bathing, or taking medication)
-  **DO** take at least 2 readings, waiting 1-2 minutes between readings; record date and time.
-  **DO NOT** cross your feet.
-  **DO NOT** smoke or drink caffeine for 30 minutes beforehand.
-  **DO NOT** eat a big meal for 2 hrs beforehand
-  **DO NOT** wear tight clothing.
-  **DO NOT TALK** or watch TV during the test.
-  **DO NOT** measure your blood pressure when you are cold, anxious, uncomfortable, stressed or in pain.



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

- Fresh fruits and vegetables
- Low fat dairy 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 lower mg of sodium per serving.





Avoid the following:

- Fast food, restaurant and packaged food
- Food high in salt, sugar, saturated or trans fats
- Use of condiments such as ketchup, mustard, soy sauce, gravies and salad dressing high in salt.
- Pickled foods, olives, salsa and dips
- Cured meats or fish



Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
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 & select the product with the lower amount of sodium

-  Low in sodium if the % Daily Value is 5 or less
-  High in sodium if the % Daily Value is higher than

For more information, contact Blood Pressure Canada

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Hypertension

2008 Recommendations Summary



Measure Your
Blood Pressure
at Home!

What is high blood pressure?



Blood Pressure is the force exerted on the wall of 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.

How is it measured?

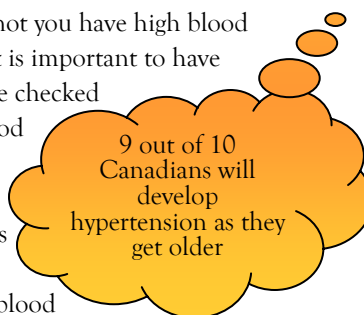
There are two blood pressure measurements. Systolic pressure is your highest blood pressure measurement. It occurs when your heart contracts. Diastolic pressure is your lowest pressure measurement, and it occurs when your heart relaxes and fills with blood.

What should your blood pressure be?

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

Should you monitor your blood pressure?

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.



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.

‘White coat’ hypertension

Some people have higher blood pressure when they visit the doctor. This condition is called ‘white coat’ hypertension (referring to the white coat worn by the health care provider). People with white coat hypertension may still have increased risk of health problems, which is why regular monitoring is required.

‘Masked’ hypertension

‘Masked’ hypertension is used to describe how some people have normal blood pressure when measured in a doctor’s office, but have high blood pressure in other situations. If your doctor suspects masked hypertension, you may be asked to monitor your blood pressure at home.

What can I do about high blood pressure?

Blood pressure can be controlled. To prevent hypertension or better manage 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.

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. Look for this logo. A list of approved monitors can be found at



<http://hypertension.ca/chs>

★ Ask your health care provider to help you choose the right size cuff.