

BLOOD PRESSURE FACTS

And how to determine your true blood pressure

Scientific evidence shows that using a home blood pressure monitor and accurate blood pressure chart is much superior to readings taken in your doctor's office. The anxiety factor at the doctor's office frequently distorts the readings.



Guidelines to determine your true blood pressure

To determine if your true blood pressure is in the danger zone by using the "at home method", you must do these three things:

- 1 Make sure you are taking the home readings correctly and accurately
- 2 Know when and how often to take the readings and record them on the chart immediately
- 3 Interpret your blood pressure reading against an approved Blood Pressure Chart

The 13 Cardinal Rules for Getting Accurate Blood Pressure Readings at Home

- 1 Do not drink coffee, smoke, or exercise, within 30 minutes before measuring.
- 2 Use an automatic, not manual device.
- 3 Use an arm cuff rather than a finger or wrist cuff.
- 4 Use a large cuff if your arm is large.
- 5 Use one arm, not both.
- 6 Support your arm on a flat surface so that the upper arm is supported at the level of the heart.
- 7 Support your back, and both feet should be flat on the floor.
- 8 After you put the cuff on, sit for a few minutes before checking blood pressure.
- 9 Take 3 readings rather than just one, 1-2 minutes apart, writing each one down.
- 10 Do not take more than three readings
- 11 Check no more than twice a week
- 12 Check at random, ordinary times.
- 13 Check your monitor's accuracy at least once a year at the doctor's office by comparing it to the office's manual cuff

Except in these cases:

- Your hypertension is severe
- You are changing medications
- You are getting an initial reliable estimate of your "true" blood pressure

Know when and how often to take the readings and record them on the chart immediately

- 1 Take three morning and 3 evening readings every day for 1 week.
- 2 Discard the readings of the first day.
- 3 Then calculate the average systolic and diastolic values for all readings for the remaining six days.

First thing in the morning and right before bed.



You should have a total of 36 readings on which to make decisions about diagnosis and treatment.

Blood Pressure Chart for Monitoring Blood Pressure at Home

| Blood Pressure Chart for Monitoring Blood Pressure at Home | | | | | |
|--|------------|----------|--|--------|--------|
| Name _____ | | | | | |
| Day # | Date | Time | 3 Morning Readings - First Thing in Morning 3 Evening Readings - Before Bed; 1-2 Min. Apart | | |
| Example - Morning | 12/12/2012 | 6:30 AM | 125/83 | 125/83 | 125/83 |
| Example - Evening | 12/12/2012 | 10:00 PM | 128/85 | 128/85 | 128/85 |
| 1 - Morning | | | / | / | / |
| 1 - Evening | | | / | / | / |
| 2 - Morning | | | / | / | / |
| 2 - Evening | | | / | / | / |
| 3 - Morning | | | / | / | / |
| 3 - Evening | | | / | / | / |
| 4 - Morning | | | / | / | / |
| 4 - Evening | | | / | / | / |
| 5 - Morning | | | / | / | / |
| 5 - Evening | | | / | / | / |
| 6 - Morning | | | / | / | / |
| 6 - Evening | | | / | / | / |
| 7 - Morning | | | / | / | / |
| 7 - Evening | | | / | / | / |
| Average Systolic (Upper) Reading = Add up Days 2-7 Systolic readings (all 36 of them) and Divide by 36 = _____ = Average Systolic Reading | | | | | |
| Average Diastolic (Lower) Reading = Add up Days 2-7 Diastolic readings (all 36 of them) and Divide by 36 = _____ = Average Diastolic Reading | | | | | |

Furnished by Natural Health Advisory Institute

Know how to interpret your true blood pressure reading against the correct standard using an approved Blood Pressure Chart



American Heart Association
Learn and Live

Our blood pressure chart reflects the standard classification system adopted by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure and by the American Heart Association. Compare your average blood pressure reading against this standard.

| Blood Pressure Category | Systolic mm Hg (upper #) | | Diastolic mm Hg (lower #) |
|--|--------------------------|-----|---------------------------|
| Low blood pressure (Hypotension) | less than 90 | or | less than 60 |
| Normal | 90 to 120 | and | 60 to 80 |
| Prehypertension | 120-139 | or | 80-89 |
| High Blood Pressure (Hypertension Stage 1) | 140-159 | or | 90-99 |
| High Blood Pressure (Hypertension Stage 2) | 160 or higher | or | 100 or higher |
| High Blood Pressure Crisis (Seek Emergency Care) | 180 or higher | or | 110 or higher |

Sources:
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<http://www.naturalhealthadvisory.com/>
<http://www.naturalhealthadvisory.com/daily/blood-pressure-issues/13-cardinal-rules-for-getting-accurate-blood-pressure-readings/>
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