

Measuring Blood Pressure the Right Way

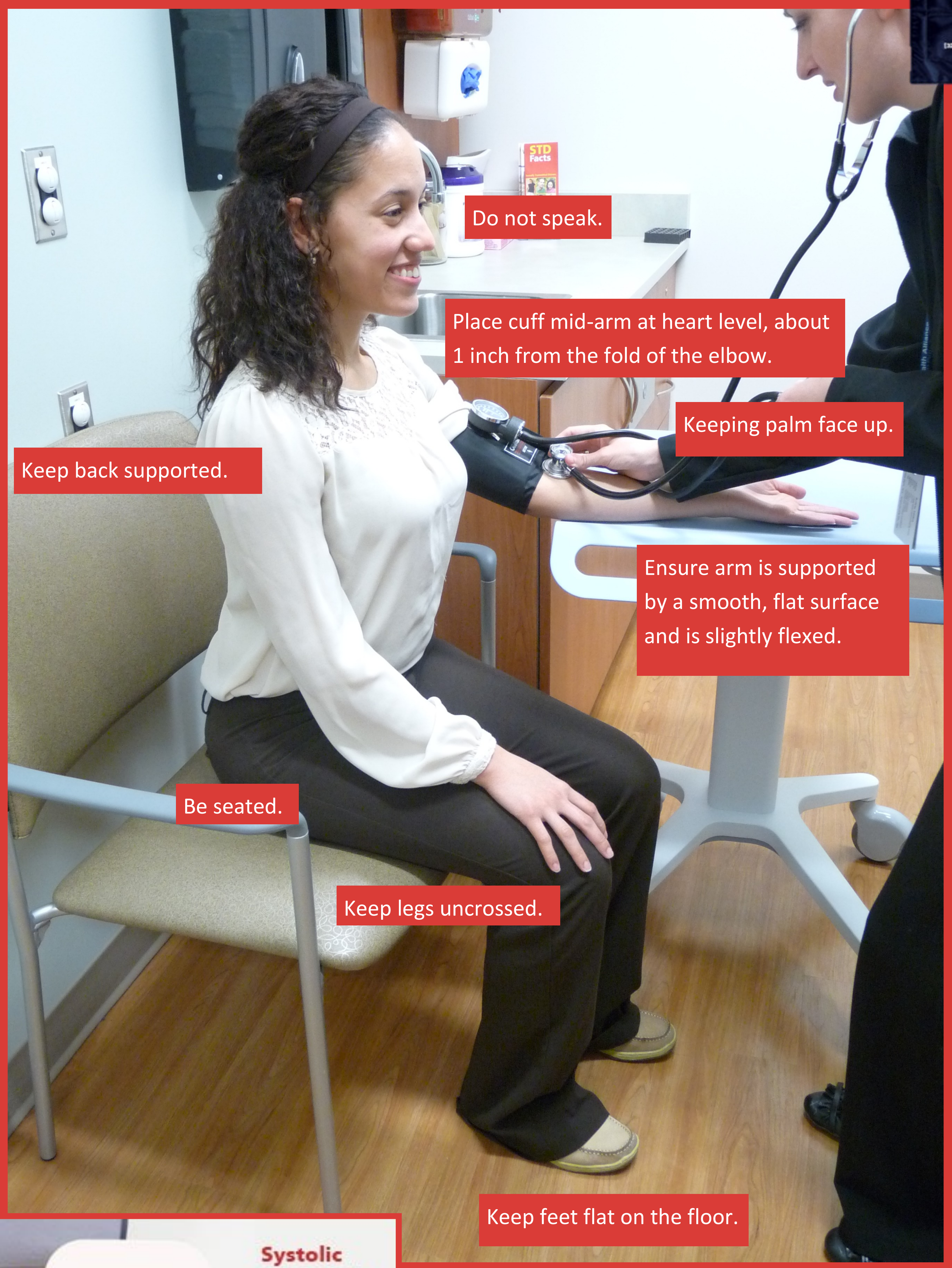
Preparation

- Calm, warm environment.
- No exercising in the preceding 30 minutes.
- No coffee, food, smoking, or decongestant in the preceding hour.
- Empty bladder and bowel.
- Patient calmly seated for five minutes.

Device

- Validated device (www.dablededucational.org).
- Have the device calibrated regularly according to manufacturers' recommendations.
- Cuff size small, medium, or large according to arm size.

While taking blood pressure



Home BP Measurement

- Two measurements morning and evening for 7 days.
- Discard measurements of day 1.
- Average the numbers together.

Target Value:
Below 135/85 mmHg

Office BP Measurement

- Two measurements; same arm, same position.
- Average the numbers together.
- Do not round the numbers

Target Value:
Below 140/90 mmHg
Below 130/80 mmHg diabetes or chronic kidney disease



The top number is the pressure of the blood flow when our heart beats. This is called "systolic pressure."

The bottom number recorded is the pressure between our heartbeats. This is called "diastolic pressure."

What is High Blood Pressure?

Blood pressure is the force with which our hearts pump blood throughout our bodies. High blood pressure (also called "hypertension") is when our hearts pump blood at unhealthy, faster levels causing extra pressure on the artery walls putting us at higher risk for heart attack or stroke.