



To help you keep track of your blood pressure, you can use the table below.

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Want to refresh your knowledge or
access the training anytime, anywhere?

Scan the QR code below to revisit the Blood Pressure Monitoring Module on your phone, tablet, or computer.



<https://hsm-course.s3.eu-west-1.amazonaws.com/device-opt/story.html>

**Stay confident. Stay informed.
Stay in control of your health.**

Source Data:

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THE BASICS OF BLOOD PRESSURE MONITORING

Learn how to monitor your blood pressure with confidence.

This simple, step-by-step guide will help you understand the basics of blood pressure monitoring, how to interpret your readings, and take control of your health.



What is blood pressure?

Everybody has blood pressure. It accounts for the amount of work that your heart has to do to pump blood around your body.

Hypertension (High Blood Pressure)

Hypertension is a very common illness that can often go unnoticed. It is a global pandemic affecting over 1.5 billion people worldwide. Left untreated, it can cause stroke, heart attacks and even kidney failure. The greatest risk is that many people don't realise they have it - there are no symptoms until the blood pressure is too high.

Your blood pressure

There are two numbers that measure the level of blood pressure.

Systolic: This is the top number, it measures the force your heart exerts on the walls of your arteries each time it beats.

Diastolic: This is the lower number which represents the pressure of blood flow back to the heart.

The normal level of blood pressure is usually about 120 (systolic) over 80 (diastolic). If you have been told that your blood pressure is 140 over 90 or higher, you should discuss this with your GP doctor.

Am I at risk?

You may be at risk for harmful hypertension due to:

- Diabetes type 1 or type 2.
- Being older than 60 years.
- Use of tobacco or alcohol.
- Being overweight.
- High cholesterol levels.

How do I know if my blood pressure is high?

You have high blood pressure if either your systolic blood pressure is 140 mmHg or higher or your diastolic blood pressure is 90 mmHg or higher, after it has been measured a number of different times.

A person with high blood pressure may feel well, look well, and rarely have any symptoms. The only way to find out if you have high blood pressure is to have it measured. Blood pressure varies with age and depends on how active you are before it is measured. If you are nervous or anxious, the measurement can be higher than usual.



How to correctly take your blood pressure

Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of measurements.

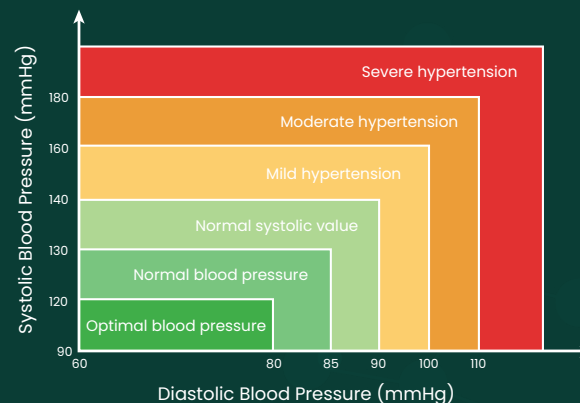
Take at least 2 readings, 1 minute apart in the morning before taking medications and in the evening before dinner. Record all results.

Rest in a chair for at least 5 minutes with your left arm resting comfortably on a flat surface at heart level. Sit calmly and don't talk.

Ensure you're relaxed. Sit still in a chair with both feet flat on the floor and keep your back straight and supported.

Place the bottom of the cuff above the bend of the elbow.

How to read your blood pressure numbers



If you are in the mild, moderate or severe category, you will need to call your doctor*. Correct according to the blood pressure classifications by the WHO (World Health Organisation) / ISH (International Society of Hypertension). Factors such as a patient's weight, sex and whether they smoke should also be taken into account.

* Readings over 135/85mmHg may also be considered sufficiently high to warrant further checks with your GP.



Steps to help reduce your blood pressure

Know your blood pressure:



Get your blood pressure checked and know your numbers. If you have a high blood pressure, it is recommended to have a blood pressure monitor in your home to get accurate readings, keep track of them and understand your blood pressure.

Regular physical exercise:



Try to do at least 30 minutes of moderate intensity activity every day. Even if it is just going for walks, as long as the exercise elevates your heart rate, you are making an impact regardless.

Keep to a healthy weight:



For some people, losing weight is all they need to do to get their blood pressure down to a normal level.

For others, there are a lot of other factors. Knowing your Body Mass Index (BMI) is important for weight management.

Eat a healthy balanced diet:



Add more vegetables and fruit to your diet and cut down on salt consumption.

Quit Smoking:



If you smoke or vape, consider quitting. It can help lower your blood pressure and improve your overall health.

Drink less alcohol:



If you drink alcohol, stick within the recommended limits.

The recommended amount of units of alcohol that would be consumed in a week are as follows:

Men: 17 units | Women: 11 units