

Measuring your Blood Pressure at Home



WHO should monitor blood pressure at home?

People who have:

- Diagnoses of high blood pressure along with-Diabetes or Chronic Kidney Disease.
- “Difficult to control” high blood pressure.
- White coat syndrome- good at home, bad in medical office.
- Masked hypertension- good at medical office, bad at home.



WHY measure your blood pressure?

Measuring your blood pressure at home helps you and your healthcare provider understand how well your blood pressure is controlled on a day to day basis. It can also show how diet, activity and medication help to control your blood pressure.



WHAT blood pressure machine to use?

The presence of this logo indicates the device meets an established standard for accuracy as recommended by Hypertension Canada A list of models are available at our DEC or google- “devices endorsed by hypertension Canada”

Before buying make sure that the cuff size fits your arm properly. Ask for help where you buy your machine.

WHEN to measure your blood pressure?

Twice a day- in the morning and evening around the same time each day (use same arm). Take 2 readings each time waiting a minute between each reading.

Record the date and time of measurements for least one week before your medical appointment. A sample B/P log is provided.

Advice for home blood pressure monitoring

DO the following:

- sit comfortably and quietly, feet flat on floor, arm on a table at heart level
- take clothing off upper arm to put cuff on
- wait 5 minutes before taking first reading
- wait 1 minute before taking second reading
- record date and time of both measurements on a B/P log
- measurement before taking your pills and eating or wait 2 hrs after eating



DON'T check your blood pressure if:

- You are in a hurry, uncomfortable, anxious, and stressed or in pain
- you have had coffee or smoked 30 min before your reading

Know your target for your blood pressure

Most people	—————>	less than 140/90 mm Hg
People with diabetes	—————>	less than 130/80 mm Hg
People with kidney disease	—————>	ask your MD



Bring your blood pressure machine to your medical appointment at least once a year to have it checked for accuracy.

Tips for lowering your Blood Pressure

1. **Be physically active:** Work your way up to 30 - 60 min a day for 5-7 days a week. Try different activities (swimming, walking, yoga, biking). You will stick to things you enjoy.



2. **Choose the following foods more often:** Fruit, vegetables, low fat dairy products, whole grain products, lean meats, fish and poultry.

3. **Limit the following foods:** Fast foods, canned foods, processed meats. These foods are high in salt, sugar and bad fats.

4. **Eat less salt:** Take the salt shaker off the table. Try not to add salt to your cooking, use salt free seasonings to flavor.



(Mrs. Dash, pepper, garlic powder etc....)

5. **Limit Alcohol:** Limit yourself to 1-2 standard drinks/day. Maximum per week = 9 for women, 14 for men.

(PS, you can't save them up and binge all in one day.)

6. **Weight:** If you are overweight, losing 10 lbs can help your blood pressure.

7. **Smoking:** Increases your risk for developing heart and other disease .Keep trying to quit.





(Addictions services offer programs. 1-902-867-2500 ext:4606)

8. **Stress reduction:** Taking steps to reduce stress can improve general health; including blood pressure .If stress is affecting your health-.Ask for help from your healthcare team.

References: Hypertension Canada, Heart & Stroke of Nova Scotia

Blood Pressure Log

Name: _____

Date	Time		Reading#1 mmHg		Reading#2mmHg		Comments
			systolic	diastolic	systolic	diastolic	
Day 1							
							
Day 2	am						
	pm						
Day 3	am						
	pm						
Day 4	am						
	pm						
Day 5	am						
	pm						
Day 6	am						
	pm						
Day 7	am						
	pm						
Average							
*Omit Day 1							

systolic is top # **diastolic** is bottom #