

## Advice for home blood pressure monitoring

### DO the following:

- ✓ follow directions that come with the device
- ✓ rest for 5 minutes before taking your blood pressure measurement
- ✓ empty your bladder and bowels before taking your blood pressure
- ✓ sit with your feet flat on the floor, back and arm supported, and arm at heart level
- ✓ completely remove all clothing from your upper arm
- ✓ measure blood pressure in the morning (before taking medication & eating) and in the evening (before going to bed, bathing, or taking medication)
- ✓ take at least 2 measurements, waiting 1-2 minutes between readings; record date and time



### DO NOT:

- ✗ cross your feet
- ✗ smoke or drink caffeine for 30 minutes before taking a reading
- ✗ eat a big meal for 2 hrs before taking your blood pressure
- ✗ wear tight clothing
- ✗ talk or watch TV during the test.
- ✗ measure your blood pressure when you are cold, anxious, uncomfortable, stressed or in pain

## For a healthy, low sodium (salt) diet, choose the following more often:

- Fresh fruits and vegetables
- Low fat milk products
- Whole grains
- Lean meat, fish and poultry
- Use herbs and spices to flavour food – cut down on salt at the table and in cooking
- Read food labels and buy brands with **5% or less Daily Value (DV)** of sodium per serving

### Avoid the following:

- Fast food, restaurant and packaged food
- Food high with a **5% or more Daily Value (DV)** of sodium per serving, sugar, saturated or trans fat
- Use of condiments such as ketchup, mustard, soy sauce, gravies and salad dressing high in sodium
- Cured/smoked meats or fish

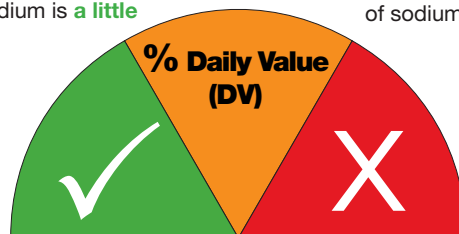
Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g	15 %
+ Trans Fat 1 g	
Cholesterol 20 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

The % Daily Value tells you whether there is a little or a lot of sodium in a food item. Compare similar foods & pick the product with the lower amount of sodium.

**Choose % Daily Value of 5% or less**  
**Try not to choose % Daily Value of 15% or higher**

**5% DV**  
of sodium is **a little**

**15% DV**  
of sodium is **a lot**



# Managing Blood Pressure

Stay informed about the latest high blood pressure information and resources.

[www.hypertension.ca](http://www.hypertension.ca)

## What is high blood pressure?

Blood pressure is the force of blood against the walls of blood vessels which are called arteries. 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.

## Understand your numbers

There are two blood pressure measurements. Systolic pressure (SYS) is the higher blood pressure measurement. It occurs when your heart contracts. Diastolic (DIA) pressure is the lower pressure measurement, and it occurs when your heart relaxes and fills with blood.

### What should your blood pressure be?

**Most people**

**Less than  
140/90 mmHg at  
the doctors office  
Less than  
135/85 mmHg  
at home**

**People with  
diabetes or  
kidney disease**

**Less than  
130/80 mmHg**

**If your home blood pressure number is different from the doctors office, let your health care provider know.**

## Should you monitor your blood pressure?

Anyone can develop high blood pressure, but it becomes more common as you get older. 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.

## High Blood Pressure is VERY common.

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.

## What can I do about high blood pressure?

Blood pressure can be prevented and controlled. To prevent hypertension or better control your blood pressure you can make lifestyle changes:

- ✓ Get regular physical activity
- ✓ Eat a healthy diet
- ✓ Eat less sodium
- ✓ Lose weight or maintain a healthy weight
- ✓ Avoid excess alcohol
- ✓ Stop smoking and avoid places where other people smoke
- ✓ Lower stress

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



A list of approved monitors will have this logo, and can be found at [www.hypertension.ca](http://www.hypertension.ca).

Approved monitors will have the “heart check” logo on them. A list of approved monitors can be found at [www.hypertension.ca](http://www.hypertension.ca). A “how to” DVD titled Blood Pressure Home Measurement can also be viewed and/or ordered from [www.hypertension.ca](http://www.hypertension.ca).

## Blood Pressure Medication

Most people with high blood pressure will need 2 or more pills together with lifestyle changes to lower your blood pressure. Even when your blood pressure is under control, live a healthy lifestyle:

- Medicine only works if you take it
- Do not stop taking your medication without talking to your health care provider first

Based on CHEP Guidelines

Hypertension Canada  
3780 14th Avenue  
Markham, ON L3R 9Y5

Phone: 905-943-9400  
Fax: 905-943-9401  
Email: [admin@hypertension.ca](mailto:admin@hypertension.ca)

[www.hypertension.ca](http://www.hypertension.ca)

Canadian Hypertension Education Program **CHEP**