

## Home Blood Pressure Monitoring

Your Blood Pressure is not constant. Many factors will cause your blood pressure to vary significantly over the course of the day, such as exertion, stress and medications and even the time of day. (Blood pressures tend to be higher in the morning and lower in the evening. This is called 'diurnal variation'). Since most people tend to have higher blood pressure in the doctor's office, using only office readings may *overestimate* your overall blood pressure and so your need for medication.

Checking your blood pressure outside of the doctor's office will greatly assist your doctor in determining if a problem truly exists and to evaluate the effectiveness of any medication, should that prove necessary. When using the home blood pressure monitor you should be comfortably sitting upright, with back support, and with the muscles of your arms and legs relaxed.

Once you have applied the cuff to your arm, distract yourself by watching TV or reading, for a couple of minutes, *before you take a measurement*. Write the blood pressure and pulse (heart rate) into the chart below. It's permissible to record the average of 3 readings over a 10 minute period. After you have completed ten days readings, please calculate the averages. Please bring this to your next appointment or send it by fax or email to be added to your medical record.

Name:  Birth date  Health Care Number

**Medication List**

You are also

- Following the DASH diet - [www.nhlbi.nih.gov/health/public/heart/hbp/dash](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash) (this has been proven to lower blood pressure 'naturally').
- Exercising for not less than 40 minutes a day – e.g. going for a brisk walk – in addition to your regular activity
- Seeking to achieve a Body Mass Index (BMI) not greater than 27.

Source for information about best Blood Pressure Monitors:  
<http://www.consumerreports.org/cro/blood-pressure-monitors/buying-guide.htm>

Your current weight  Kg Your current BMI

Your home blood pressure measurements:

Date	Morning				Evening				Exercise taken today (type and duration).
	Time am	Sys-tolic	Dia-stolic	Pulse	Time pm	Sys-tolic	Dia-stolic	Pulse	
10 day average					10 day average				

Brand of Blood Pressure monitor used