

## Measure Your Own Blood Pressure (BP)

What device do I use?



**Chose an approved automatic arm device** ([www.hypertension.ca](http://www.hypertension.ca)), for example Omron® or LifeSource®.

**Ensure your cuff is a good fit**

- On the side of the box, it will tell you the cuff fit range.
- My arm circumference is: \_\_\_\_\_ cm/ \_\_\_\_\_ inches.

**Check that your device is working properly**

Bring your device to your next health care visit to compare the BP reading from your device with the office machine.

How do I measure my blood pressure?



**When monitoring blood pressure at home:**

- Rest quietly for 5 minutes beforehand
- Sit with your legs uncrossed, feet flat on the floor
- Get comfortable, with your back and arm supported, with your arm at heart level
- Apply cuff on a bare arm, 3 cm above elbow crease
- Do not talk or move during monitoring

When do I check it?



**Measure BP twice in the morning and twice in the evening (Take BP 1 minute apart, write down the second reading)**

- For 7 days before a doctors' appointment;
- After a change in medication;
- Or as directed by your health provider.

**Try to select a time:**

- Before taking your medications
- After emptying your bladder
- When you have not had caffeine or tobacco for 1 hour
- When you have not exercised within 30 minutes

**A good time to check your blood pressure may be:**

- Before breakfast and 2 hours after dinner

**Keep a record of your BP readings**

- Use a log sheet or diary
- Share your readings with your health provider

What are my BP targets?



**For most people, your target should be below 135/85 mm HG at home. My target:** \_\_\_\_\_

Please speak with your health care professional about targets that are right for you. If your average readings are above target, call to set up an appointment with your family health care provider.

## Quit Smoking



Quitting smoking is the single most important thing you can do for your health!

It will greatly reduce your risk of a stroke.

Here are some tips to get started:

- Pick a quit date in the next 30 days. Cut down the number of cigarettes you smoke today.
- Make your home and car smoke free zones.
- Discuss quit smoking medications with your doctor to see which is right for you.
- Think about times when you feel tempted to smoke. Come up with a plan of what you will do instead
  - For example: I may feel tempted to smoke on breaks at work therefore I will take a walk on breaks instead.
- Explore community resources to help support you with quitting and to help keep you smoke-free.

Situation	My Plan

 **For more information on resources in our region visit: [www.myquit.ca](http://www.myquit.ca) or call 1-877-376-1701**

*Personalized Support is available including One-on-one coaching, Group coaching, Phone coaching, and an On-line program*

