

IMPORTANT FACTS ABOUT BLOOD PRESSURE AND SELF-MEASUREMENT

CardioArm measures your blood pressure. Blood pressure is the pressure of the blood flowing in the arteries generated by the pumping of the heart. Two values, the systolic (upper) value and the diastolic (lower) value, are always measured.

CardioArm also measures your pulse rate. Pulse rate is the number of times the heart beats in a minute.

High blood pressure, especially when permanent or recurrent, can negatively affect your health and must be treated by your doctor.

Always discuss your measurement readings with your doctor and tell him/her if you have noticed anything unusual or if you feel unwell. Never rely on a single blood pressure reading.

There are several potential causes of high blood pressure. Your doctor will explain them in more detail and offer treatment where appropriate. Besides medication, weight loss and exercise can also help to lower your blood pressure.

You should never alter the dosage of any medications prescribed by your doctor.

Blood pressure is subject to wide fluctuations throughout the day, depending on various potential factors, including physical exertion and physical condition. You should routinely take your measurements in quiet conditions when you feel relaxed. Ideally, you should take two readings every time (both in the morning and in the evening) or as prescribed by your doctor.

Deviations between measurements taken by your doctor or in the pharmacy and those taken at home are quite normal, as these situations are completely different.

It is recommended to have at least 30 seconds in between measurements.

If you are pregnant, consult your healthcare provider before use.

Monitor your blood pressure regularly throughout pregnancy as it can change drastically during this time.

When you detect unusually high readings during pregnancy, you should measure again after at least four hours. If the reading is still too high, consult your doctor or obstetrician.

Physical activity including eating, drinking, and smoking as well as excitement, stress, and many other factors can influence blood pressure results.

HOW TO EVALUATE YOUR BLOOD PRESSURE

The World Health Organization (WHO) has created the following guide for assessing high blood pressure (without regard to age or gender). It is important to note that various factors (e.g. diabetes, obesity, smoking, etc.) also need to be considered. Consult with your physician for an accurate assessment and diagnosis of your health condition.

BLOOD PRESSURE CLASSIFICATION CHART	Systolic BP mmHg	Diastolic BP mmHg	COLOR INDICATOR
Optimal	< 120	< 80	Green
Normal	120 - 129	80 - 84	Green
High-Normal	130 - 139	85 - 89	Yellow
Grade 1 Hypertension	140 - 159	90 - 99	Yellow
Grade 2 Hypertension	160 - 179	100 - 109	Red
Grade 3 Hypertension	> 180	> 100	Red

WHO/ISH Definitions and Classifications of Blood Pressure Levels

Source: Chalmers J et al. WHO-ISH Hypertension Guidelines Committee. 1999 World Health Organization - International Society of Hypertension Guidelines for the Management of Hypertension. J Hypertens, 1999, 17:151-185

This chart is not intended to provide a basis for any type of diagnosis or emergency assessment; this chart only depicts different classifications of blood pressure. Consult your physician for an interpretation and diagnosis based on your personal blood pressure results.