

How to use a blood pressure monitor as a guide to a healthier lifestyle

Why monitor blood pressure?

Monitoring your blood pressure at home is important in managing high blood pressure. Measuring blood pressure at home is useful to track whether or not your medication is working or if you need to take a different approach.



When to measure blood pressure?

It is important to monitor blood pressure at the same time each time, like morning and night time.

It is ideal to monitor blood pressure every day for the first 2 weeks after a change in treatment/medication and 1 week before your next doctor's appointment.



Self-check list when blood pressure is elevated

- Am I taking the medicine as prescribed? How am I doing with my medication?
- How is my stress level lately? What might help me reduce the stress that I am feeling?
- How is my diet? Can I reduce any salt or add more vegetables in my diet?
- How are my physical activities? Am I getting enough exercise?

Understand possible false blood pressure readings:

- **“White coat” hypertension:** People who only have high blood pressure readings at the doctor's office.
- **“Masked” hypertension:** People who only have high blood pressure readings at home.



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