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Manual blood pressure cuff cvs

Blood pressure levels change over the course of time. They can also change according to physical or mental conditions, the measurement environment, or other factors. It's also nearly impossible to get accurate readings unless you follow the correct procedures. So make sure to measure your blood pressure correctly and keep a record of your readings. Blood pressure fluctuates constantly during the course of a day. To ensure accuracy, the Japanese Society of Hypertension recommends taking blood pressure readings at about the same time everyday-preferably, soon after you get up in the morning and before you go to bed at night. In the morning, you should take a measurement within an hour after you get up. Make sure to empty your bladder before measuring your blood pressure. Avoid eating or taking medication before checking your blood pressure. I-or night time measurement, wait at least an hour after taking a bath. [Within 1h after waking up] ●After urination ●Before breakfast ●Before dosing in the morning ●After 1-2min resting in a sitting position [Evening(before retiring)] ●After 1-2min resting in a sitting position POINT1Make sure you are comfortable and relaxed Your physical or mental conditions immediately before measuring your blood pressure affect your readings. So if you are frustrated or nervous,you won't be able to take an accurate reading. Before measuring your blood pressure, rest in a chair for 1 or 2 minutes. It's recommended that you take 5 or 6 deep breaths before you start the measurement. POINT2Empty your bladder and bowels Measure your blood pressure several minutes after you have emptied your bladder and bowels. Do not measure your blood pressure when you have an urge to urinate or defecate. POINT3Sit on a chair with your legs flat on the floor and secure the cuff to your arm/wrist Maintaining a correct sitting posture and correct application of the cuff are the keys for getting accurate blood pressure readings. Sit up straight with your back against the chair and keep relaxed, with your legs uncrossed. To make the height of your arm or wrist aligned with the heart level (position of nipples), adjust the height of the desk with a book or cushion if the desk is too low. The cuff should be wrapped snuggly and securely. POINT4Measure your blood pressure at about the same time each day Checking blood pressure readings regularly over a long period makes your monitored data more effective in the detection and prevention of hypertension. Choose the time period when you are in the most stable condition and take a blood pressure reading at about the same time each day. POINT5Maintain the room’s temperature at a proper level An excessively hot or cold environment may affect your blood pressure readings, so maintain the temperature of the room at around 20°C (68°F) when checking your blood pressure. CHECK.1Apply the cuff to bare skin or light innerwear Wrap the cuff snuggly around the arm, on bare skin or light innerwear,making sure the cuff is securely in place. Remove heavy clothes such as a sweater before measurement, instead of rolling up the sleeves. CHECK.2Make the air tube run down the inside of your arm Adjust the position of the air tube so that it runs down the inside of your arm and is positioned at the center of your arm. CHECK.3Cuff wrapping position Position the cuff about 1-2cm (1/2 inch) above the bend of your elbow.Make sure that the cuff does not cover the joint region. CHECK.1Wrap the cuff snuggly Wrap the wrist cuff securely around your wrist. Do not apply the cuff over clothing. CHECK.2Wrap the cuff around whichever wrist is easier to apply to The cuff may be wrapped around either the right or left wrist. However, because measurement values vary between the right and left wrists, make sure to always measure on the same side. CHECK.3Cuff wrapping position Position the cuff leaving a clearance of about 1-1.5cm (1/2 inch) between the cuff and the bottom of your palm. Make sure the wrist cuff does not cover the wrist bone. Maintaining the correct posture for measurement Upper arm blood pressure monitor (regular cuff wrapping type) Upper arm blood pressure monitor (fully automatic type) Wrist blood pressure monitor If you've been diagnosed with high blood pressure or hypertension, it's important that you keep tabs on your blood pressure readings. Your doctor will likely advise you to check your blood pressure at home, using a blood pressure monitor. Walgreens can help you follow your doctor's instructions. We carry a large selection of manual and automatic blood pressure monitors for home use. You can explore the product assortment online and make a purchase, or visit your local Walgreens store to find a monitor for you. Importance of Home Monitoring High blood pressure can increase your risk of heart attack, stroke and other conditions, making it important that you take steps to get levels under control. Your doctor may suggest lifestyle changes and prescribe medication to address hypertension. In order to check how well your treatment plan is working, it is often necessary to check your blood pressure levels at home. By recording the numbers and sharing them with your doctor, they can determine whether changes need to be made in your medication or if additional lifestyle modifications are necessary to lower your blood pressure. Manual vs Automatic There are two main types of blood pressure monitors: manual and automatic. Manual blood pressure monitors consist of a cuff, an inflation bulb and a gauge that you read by looking at a pointer on the dial. Manual blood pressure monitors also require the use of a stethoscope to listen to the blood pulsing through the artery. They can be hard to use and are not the recommended type of blood pressure monitor for home use. Automatic blood pressure monitors were developed as a simple way to quickly check your blood pressure at home. With automatic devices, you slip on a cuff and press a button to start your blood pressure reading. The cuff automatically inflates and deflates. Your blood pressure reading is then displayed on a digital screen. Automatic Blood Pressure Monitors There are many automatic blood pressure monitors on the market. Monitors can measure blood pressure at the upper arm, wrist, or finger, depending on the model. Automatic arm blood pressure monitors have a cuff that wraps around the upper arm. The American Heart Association recommends the use of automatic cuff-style upper arm monitors to keep track of blood pressure at home. Monitors that wrap around the wrist or finger to measure blood pressure aren't recommended because they deliver less reliable results. People who cannot wear a cuff around their arms due to sizing issues or discomfort should ask their doctor about other blood pressure monitor options. Models with Special Features Some automatic blood pressure monitors have special features that may be beneficial for you. Some models include a heart rate monitor and some may even be able to detect an irregular heartbeat. For those who have difficulty reading the screen, there are talking monitors available. Some automatic monitors have built-in memory that can store one or more of your previous readings. There are even options that use Wi-Fi or Bluetooth connectivity to send your blood pressure readings to your smartphone, tablet or computer for easy review and sharing. Whatever model you choose, be sure that it comes with the correct size cuff. A cuff that doesn't fit properly on your arm may give you inaccurate readings. The cuff size you need is based on the size of your arm. Your doctor or pharmacist can help you find a blood pressure monitor with the proper cuff size. Once you have a home blood pressure monitor, bring it with you to your next checkup so your doctor can make sure you're using it correctly and it's working well. Check your blood pressure at home as often as directed by your doctor. CC0/rawpixel/Pixabay Most of us have experienced having our blood pressure taken, as it’s standard practice in virtually every medical provider’s office, from an optometrist to a general practitioner. This is done because blood pressure is the primary indicator of hypertension, which is one of the single biggest risk factors for coronary heart disease (CHD).According to the Centers for Disease Control and Prevention (CDC), CHD is the most common type of heart disease, killing more than 370,000 people annually in the United States. Heart disease is the leading cause of death for both men and women. Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death in the United States.These sobering statistics mean you should take or have your blood pressure taken regularly. Often. Resources are available online to help you learn more about high blood pressure, including charts that show blood pressure readings in normal, high and low ranges for all ages.You May Be at RiskEven if you feel perfectly well and healthy, you could still be at risk for high blood pressure. Many people are not aware that they have high blood pressure, which is also known as hypertension, until they have a cardiovascular event such as a heart attack or a stroke.That is precisely why high blood pressure is called the silent killer. It can be present and not manifest until a cardiovascular event occurs. This is another reason why you should take care of your health with regular check-ups. You can also take advantage of blood pressure checks that are often offered free of charge at community health centers, drugstores and other public health centers. If your blood pressure is high, you may have a serious health condition. Educate yourself and discuss what is an appropriate blood pressure reading with your physician.How to Lower Blood PressureIf you have high blood pressure, you are not alone. The CDC notes that about one-third of American adults have pre-hypertension, which is elevated blood pressure numbers that are higher than normal but not yet in the high blood pressure range.Notably, only about half of people who do have high blood pressure have their condition under control. Often, this is accomplished with medication, but can also be helped or accomplished with changes in diet and lifestyle. For example, people who have high blood pressure usually are advised to cut their salt intake, limit alcohol and exercise regularly. Weight loss can also be helpful, as can reducing stress through activities such as yoga and meditation.Basics of ReadingsYour total blood pressure reading is determined by measuring your systolic and diastolic blood pressures, according to the Mayo Clinic website. Systolic blood pressure (the top number), measures the force your heart exerts on your artery walls with each beat. Diastolic blood pressure (the bottom number), measures the force your heart exerts on your artery walls between beats.Blood pressure readings fall into four general categories, ranging from normal to stage two high blood pressure (hypertension). The level of your blood pressure determines what kind of treatment you may need. To get an accurate blood pressure measurement, your doctor may want to evaluate your readings based on the average of two or more blood pressure readings at three or more office visits, according to Mayo experts.Interpreting Your ReadingsMany blood pressure charts online walk you through how to understand your blood pressure, indicating a range of readings and what category they mean. For example, if your systolic reading is below 120 and/or your diastolic reading is below 80, you have normal blood pressure and you should maintain or adopt a healthy lifestyle. If your systolic reading is 130-139 and/or your diastolic reading is 80-89, you may have stage one high blood pressure. You should then maintain or adopt a healthy lifestyle and talk to your doctor about taking one or more medications. Blood pressure readings apply to men and women in the same ways.Blood Pressure and SeniorsThe guidelines we’ve outlined apply to the general population. If you are a senior, your high blood pressure threshold may be different, according to Aging Care. Some guidelines suggest that people age 60 and older aim for a reading below 150 over 90. But it is vital to discuss this with your physician, as each person’s health needs and circumstances are unique. If you have any questions about high blood pressure or if you have questions about any treatment you are receiving for high blood pressure, contact your health professional. MORE FROM LIFE123.COM

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