

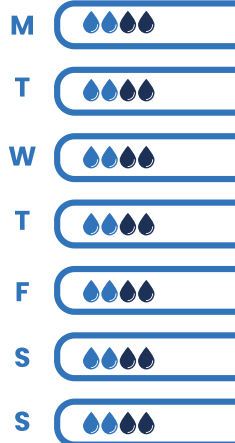
# How to Take your Blood Pressure at Home

Hypertension Canada recommends regular blood pressure screening for adults, including at home. A collection of readings over time can give your doctor insight into your health, especially when you follow a few best practices.

## Use the seven-day approach

Patients with a new or current hypertension diagnosis and stable pressure can measure blood pressure at home with the seven-day approach:

- Patients take their blood pressure twice in the morning and twice in the evening for seven days and calculate an average.
- Repeat the process every three months. Patients with no history of high blood pressure can check blood pressure once a year.



## Get Accurate Readings

Small activities can affect blood pressure readings. Patients should take blood pressure on the same arm and place the cuff above the elbow. For accurate results, rest five minutes before measurement and stay still during the reading.

Write down every result as it appears on the device, either in a blood pressure log or an electronic app. Don't worry too much about sudden high readings or slight changes. Consistently high numbers are signs of a problem, though.



## Set a Blood Pressure Target

Working toward a goal can help patients maintain focus and motivation. Talk to your doctor about ideal pressure ranges and set a target together. Healthy home blood pressure measures at less than 135/85 mmHg for most people and less than 130/80 mmHg for patients with diabetes.

## Make Self-Care and Lifestyle Modifications

Untreated or poorly controlled hypertension causes damage. Patients with mild hypertension may be able to control the condition with simple lifestyle changes.

You are encouraged to:

- Eat more fruits, vegetables, whole grains, and legumes
- Limit salt intake
- Eat low-fat dairy
- Eat lean poultry and meats
- Eat fish at least twice a week
- Exercise for 150 minutes every week
- Quit smoking
- Limit alcohol intake
- Manage stress

Other patients may need medications. However, lifestyle changes are still a cornerstone of treatment.

