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of measuring blood pressure

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You should mind the following issues, when measuring your blood pressure



Take place at a table and rest for about 3-5 minutes before starting the measurement.



Normally the blood pressure on your left arm is higher than on your right arm, therefore take the measurement on your right arm. If the blood pressure on your right arm is higher, take the measurement there.



Do not speak during the measurement.

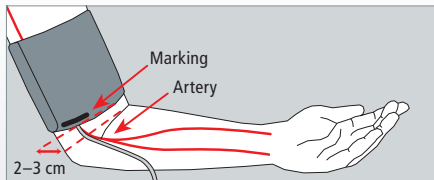


Avoid caffeine or nicotine one hour prior to the measurement.



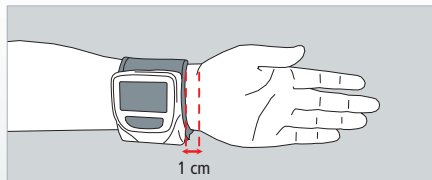
If you need to take another measurement wait for two minutes before starting a new measurement.

Fitting the cuff



upper arm instruments

- Place the cuff at the upper arm. Thick clothing should be removed.
- The red marking should be positioned directly on the artery of the upper arm.
- Gently pull the cuff and close the velcro fastening. It does not need to be too tight. Ensure a space of two fingers that can easily go between arm and cuff.



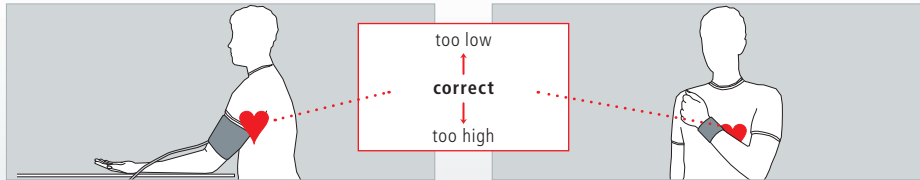
wrist instruments

- Place the cuff at the free wrist. Clothing should be removed.
- The cuff should fit snugly around the wrist.



Please obey the right circumference of the cuff. Otherwise the readings may be wrong.

Important – the cuff must be placed in line with your heart



upper arm instruments

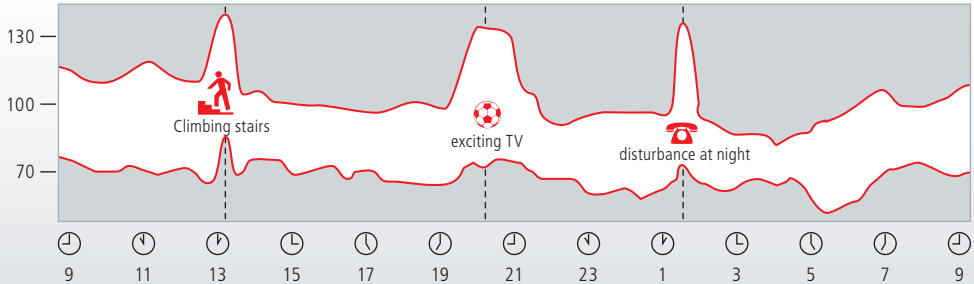
wrist instruments

- Place the arm with the cuff on the table holding it relaxed and slightly bent so that the cuff will automatically be in line with your heart.
- Place the arm with the cuff at your body as shown in the picture. This will ensure, the cuff is in line with your heart.



Cuff above heart level; the readings are too low.
Cuff underneath heart level; the readings are too high.

Your blood pressure is permanently changing



Differences in blood pressure are quite normal. Even in closely repeated measurements there can be differing values. One single measurement or measurements taken at random intervals do not give a clear indication of blood pressure. Therefore an accurate evaluation is only possible if measurements are taken on a regular basis.



Many units have an average function, which calculates the mean of several individual measurements. This allows a more meaningful assessment of your blood pressure.

General information about blood pressure

What is blood pressure?

Blood pressure is built up by the heart: the heart muscle contracts and blood is being forced into the blood vessels (systolic pressure) - the heart muscle extends and the heart is filled with blood again (diastolic pressure).

Nutrition and body weight

Healthy nutrition is important to reduce high blood pressure. Fewer salt and less fat food help to tackle high blood pressure. A reduction of significant over-weight is an important contribution to diminish blood pressure.

Physical exercise

Frequent exercises help to reduce high blood pressure. Stamina training is favourable, strength events may be precarious. If your blood pressure is very high, sports should not be done without consultation of the physician, as strain instantly increases blood pressure.

White coat syndrome

Many persons are nervous if they visit a physician and react tense in this situation. This increases blood pressure – this phenomenon is called "white coat syndrome". Blood pressure values taken under such conditions are too high and feign a hypertension that does not exist under normal circumstances.

Consequences of high blood pressure

High blood pressure may lead to:





- heart attack
- stroke
- hardened arteries
- heart disease



High blood pressure is a widespread disease: Did you know that 25% of the adult population and about half of the people over the age of sixty suffer from high blood pressure?

The evaluation of blood pressure values

The World Health Organisation (WHO) has set the following guideline for the assessment of blood pressure values:

	BP-limits in (mmHg)	Systolic	Diastolic
	Too high	more than 140	more than 90
	Normal – borderline	130–139	85–89
	Normal	120–129	80–84
	Optimum	up to 119	up to 79

WHO limit values (in mmHg)