

Health Minute™

Your blood pressure monitor

Checking your blood pressure at home is an important part of managing high blood pressure or hypertension. Home monitoring can help you keep tabs on your blood pressure, make sure your medications are working, and alert you and your doctors to potential problems. Many types of home blood pressure monitors exist. You don't have to buy the fanciest or most expensive but you do need to get one that is accurate and fits properly. Dr. Ruggieri recommends that all of his patients bring their blood pressure cuffs in for a checkup. If you find out that the cuff that you just bought isn't up to snuff, most retail stores will allow you to exchange for a different one.



Monitoring your blood pressure	Ensuring Accuracy
<p>Choose a cuff that fits on your upper arm, not your wrist or finger</p> <p>Take your blood pressure twice daily – once in the morning before you take your medicines and once in the evening. Write the measurements down and take them with you to all doctor visits.</p> <p>Public blood pressure cuffs may not be properly maintained or calibrated – do not depend on them to be accurate.</p>	<p>Have your blood pressure monitor checked for accuracy by your doctor every time you go for a checkup</p> <p>Sit quietly in a chair with both feet on the floor for a minute or two before you take your pressure.</p> <p>Be sure to follow the manufacturer's directions each time you use your cuff.</p>