

# Monitoring Your Blood Pressure

## High Blood Pressure Can Harm You

- **High blood pressure can increase the risk of:**
  - Heart attack and heart failure
  - Stroke
  - Kidney Disease

## Office Blood Pressure Checks

- Your doctor will use an automated blood pressure machine to check your blood pressure. This is the best way to measure your blood pressure. Studies have shown that good machines perform more accurate measurements than even doctors.
- **Benefits of automated blood pressure readings:**
  - Gives you your TRUE blood pressure and helps to avoid something called “White coat hypertension”  
“White coat hypertension” is a higher blood pressure in the doctor’s office than the TRUE lower blood pressure at home!
  - Reduces patient anxiety
  - Leads to quicker visits
  - More trustworthy and reliable
  - Recommended method by national/international authorities



**GOAL:** In order to stay healthy, your blood pressure should be less than 140/90 mm Hg

## Checking Your Blood Pressure at Home

- Taking your blood pressure at home is another way to check your blood pressure
- You can ask your doctor to prescribe a home blood pressure machine for you to use - Many insurance plans cover the cost of a home blood pressure machine
- Ask your doctor for a blood pressure diary or wallet card to keep track of your daily readings

## **References**

1. *High Blood Pressure – It’s in your court!* Health Bulletin - NYC DOHMH; Vol 6, No 4
2. *Understanding Task Force Recommendations* - U.S. Preventive Services Task Force, Oct 2015