

Learn the right way to *Measure Blood Pressure*



DID YOU KNOW?

Self-measured blood pressure monitoring helps many patients and their physicians manage hypertension more effectively.



The greatest gift you can give yourself and your loved ones is a healthy you.
Visit **acino.swiss** to learn more about hypertension and take better decisions.

Take at least two readings

1 or 2 minutes apart, at the same time every day.

Before your reading

- ◆ No food or drink for 30 minutes
- ◆ Empty your bladder

During your reading

- ◆ No talking
- ◆ Sit in an upright position with back supported
- ◆ Feet flat on floor and keep your legs uncrossed
- ◆ Arm resting at heart level
- ◆ Cuff against your bare skin, above the bend of the elbow

Talk to your healthcare professional.

This material (GLO-CV-Apr-2024-001) is intended solely for the general information. It is not to be used for treatment or diagnostic purposes, but rather for discussion with the patient's own physician. The information contained herein is neither intended to dictate what constitutes reasonable, appropriate or best care for any given health issue, nor is it intended to be used as a substitute for the independent judgment of a physician for any given health issue.

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Reference: Measure your blood pressure [Internet]. Centers for Disease Control and Prevention; 2024 [cited 2024 Mar 14]. Available from: <https://www.cdc.gov/bloodpressure/measure.htm> (Accessed 14 March 2024)



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[Not an actual patient photo]