



Learn the right way to
Manage Blood Pressure



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.



[Not an actual patient photo]

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.

Provided by Acino International AG, Thurgauerstrasse 36/38, CH-8050 Zurich, Switzerland

First blood pressure visit

My doctor's info

Name _____

Address

Phone number

My current medicines

Names of medicines

Current health conditions	
<p> 1. Chronic conditions: </p> <ul style="list-style-type: none"> Diabetes: Type 2, managed with insulin. Hypertension: Managed with medication. Chronic Pain: Managed with physical therapy and pain management. Heart Disease: Managed with medication and lifestyle changes. Chronic Kidney Disease: Managed with diet and medication. Chronic Lung Disease: Managed with inhalers and pulmonary rehabilitation. Chronic Liver Disease: Managed with medication and lifestyle changes. Chronic Skin Conditions: Managed with topical treatments and lifestyle changes. Chronic Mental Health Conditions: Managed with therapy and medication. 	

Ask my doctor

- How can I keep healthy blood pressure levels?
- How often should I have my blood pressure measured?
- Do I need to take medicines for high blood pressure?
- Where can I find information about nutrition diets?

Lifestyle Changes

I will ask my doctor about the following lifestyle changes to help lower my blood pressure:

- Keep a healthy weight
- Reduce sodium (salt); read food labels
- Eat fresh veggies and fruits, and limit saturated fats
- Limit alcohol
- Get regular physical activity (at least 30 minutes/day)
- Manage other health conditions (e.g. diabetes)
- Take medicine as directed

Notes

1. *Journal of the American Medical Association*, 2000; 283: 2689-2696.

Did you know?

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

Measure blood pressure at home

Take at least two readings

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

Before your reading

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

During your reading

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

[illegible]

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