

# PRESSURE POINTS



September 2014

HIGH BLOOD PRESSURE NEWS YOU CAN USE

## Measuring Blood Pressure at Home: One Tool to Assist in Blood Pressure Management



### Why might my doctor want me to do this at home?

Taking your blood pressure at home can give information on what your blood pressure is during the day when you are doing activities that are “normal” for you. Monitoring at home can provide your doctor with information about how your blood pressure changes during the day. This information may allow your physician to make changes to better control your blood pressure.



### What are the different kinds of blood pressure measuring devices?

There are two types of blood pressure measuring devices – aneroid and digital.

Aneroid devices cost less than digital and are easier to move around. They’re a bit more complicated and require you to use the built-in stethoscope to record your blood pressure.

A digital machine automatically takes your blood pressure and displays your blood pressure numbers when it’s finished. Some digital machines have the ability to print your results too.

### How much does a machine cost?

Aneroid devices cost \$20 to \$30. Digital devices cost \$30 to \$100. Before you buy, contact your health insurance company to see if some or all of the cost of a device can be paid by the health insurance company.

### Before measuring blood pressure, at home or the doctor’s office, it’s important to:

- Not smoke or chew tobacco, drink alcohol or caffeinated drinks for 30 minutes
- Go to the bathroom before
- Avoid exercise for 30 minutes prior to measurement
- Sit in a relaxed position, with your legs uncrossed and your arms supported near heart level for five minutes
- Wrap the arm cuff one inch above the crease of your elbow
- With the arm cuff in place, make sure you can still fit two fingertips underneath it
- Never measure blood pressure over clothes



### Why Fitness Matters!

Tools and resources that help families and communities better understand physical activity and how it relates to maintaining a healthy weight.

[myhealth.umassmemorial.org/Wellness/Fitness](http://myhealth.umassmemorial.org/Wellness/Fitness)

## Get 'em Up

Make exercise a family affair. Running, bicycling, jumping rope, dancing, and playing basketball or soccer are good ways for them and you to be active. Growing up in an active family also makes it easier for children to value exercise when they become adults.



These strategies can help you motivate your kids get a move on:

- Encourage activities that are fun and physical, such as running, skating, swimming, bicycling, hopscotch, or jumping rope.
- Find out what your children like to do and make this a focus of your family activities.
- Participate in community fitness events, such as charity walks or fun-runs.
- Use family walks or bike rides as a time to do more than just exercise together. Talk about school and family issues when you're taking a break.
- Plan outings that involve physical activity, such as going to a skating rink, the zoo, or a miniature golf course.
- Turn chores into games. Try raking leaves and jumping into the piles. Have a water fight while washing the car. Pretend you're digging for treasure while gardening.
- Invite neighborhood kids to play games that require more participants, such as riding bikes or kickball.

See more at: [myhealth.umassmemorial.org/Search/1,2945#sthash.Dml6U1GR.dpuf](http://myhealth.umassmemorial.org/Search/1,2945#sthash.Dml6U1GR.dpuf)

## Recipe for Heart Health: *Baked Haddock*

*Courtesy of UMass Medical School Center for Nutrition*

*Serves 4 people*

1 pound haddock

2 tablespoon dijon mustard

1 cup non-fat sour cream

1 tablespoon dry dill weed

Preheat oven to 300 degrees. Mix sour cream, mustard and dill together. Adjust to taste. Spread a thin layer over fish. Bake until fish just begins to flake. Sprinkle with fresh dill. Serve over spinach.

**Nutritional information (per serving):** Calories 158, total fat 2g, saturated fat 0.4g, cholesterol 60mg, carbohydrate 10g, protein 24g, **sodium 360 mg.**

## 1 DECISION

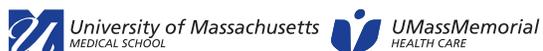
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