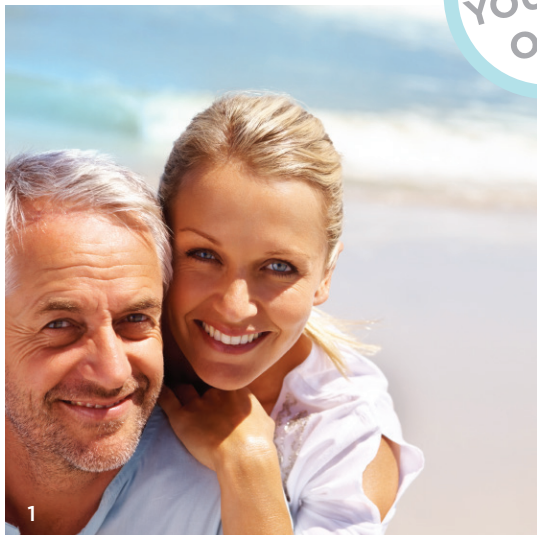


WHEN IT COMES TO YOUR *blood pressure*,  
DON'T MISS A BEAT.

Managing high blood pressure is vital. Learn how you can better your heart with simple changes to your lifestyle.



ARE YOU THE ONE?



## TAKE YOUR HEART TO **HEART.**

It's your most important organ. Still, one in three people suffer from high blood pressure, also known as hypertension.<sup>1</sup> Don't be that one in three. Take the right steps to monitor and manage your heart to decrease your risk of heart disease and *increase your life expectancy.*

<sup>1</sup>Hypertension. 2004;44:398-404.

## KNOWING THE NUMBERS.

When taking your blood pressure, it's always good to know exactly where you stand. But first things first:

*What do the numbers actually mean?*

**Systolic Pressure** is the top number. It represents the pressure as your heart contracts to pump blood to the body.

**Diastolic Pressure** is the bottom number. It represents the pressure between beats, when your heart relaxes.



### NORMAL

Below this level is considered normal; however, you should continuously strive to reduce your blood pressure.



### HYPERTENSION

When reaching these levels you are considered to have high blood pressure, but it's still manageable.



You can easily manage your blood pressure by monitoring at home, morning and night.



## HOME IS WHERE THE HEART IS.

It's surprising how often your numbers can change; that's why home monitoring is important. Did you know that blood pressure in the morning can be significantly different than at night, or when you visit a doctor's office?

By using an accurate monitor at home, you'll be able to detect and track the changes in your blood pressure.

This way you can make *the right lifestyle changes.*



# A BETTER HEART STARTS WITH A BETTER LIFESTYLE.



## SMALL CHANGES, HUGE REWARDS.

Managing your high blood pressure doesn't have to take a lot of work. In fact, small improvements to your lifestyle can significantly better your heart. *Here's what you can do:*

### Exercise

Just be a little more active. Walk instead of drive, take the stairs instead of the elevator and count your steps to a healthier heart.

### Eat smart

Try to find low-fat, low-sodium substitutes that also taste great. Potassium found in bananas and carrots is nature's best medicine for your heart.

### Kicking the habits

Minimize your alcohol and cigarette intake. If you're going to have a drink try red wine, which, in moderation, is better for your heart.

### Stifle your stress

Stress is a normal part of life. But too much can increase the risk of heart disease. Relax by doing things you enjoy (yoga, gardening, walking, etc.) and your heart will benefit.





# MANAGING BLOOD PRESSURE IS WITHIN YOUR REACH.

## LIVE WELL TO **LOVE** YOUR HEART.

Managing your blood pressure can be easy by following a healthy program you and your doctor have created. Make a pledge to start monitoring frequently and track your progress with the memory storage feature within your monitor or with the log sheet provided at the back of this brochure.

For more information about managing your blood pressure, go to [www.OmronHealthCare.ca](http://www.OmronHealthCare.ca)

# TRACK YOUR READINGS

## SAMPLE READING

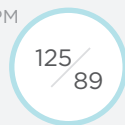
DATE:

4-12-16

AM



PM



## THINGS TO REMEMBER

1. Visit your physician regularly
2. Take your medication as prescribed
3. Monitor at home, morning and night
4. Make small lifestyle changes

Visit [www.OmronHealthCare.ca](http://www.OmronHealthCare.ca)  
to print more charts.



# WEEK 1

1.	DATE:	AM		PM	
2.	DATE:	AM		PM	
3.	DATE:	AM		PM	
4.	DATE:	AM		PM	
5.	DATE:	AM		PM	
6.	DATE:	AM		PM	
7.	DATE:	AM		PM	

# WEEK 2

8.	DATE:	AM		PM	
9.	DATE:	AM		PM	
10.	DATE:	AM		PM	
11.	DATE:	AM		PM	
12.	DATE:	AM		PM	
13.	DATE:	AM		PM	
14.	DATE:	AM		PM	

# WEEK 3

15.	DATE:	AM		PM	
16.	DATE:	AM		PM	
17.	DATE:	AM		PM	
18.	DATE:	AM		PM	
19.	DATE:	AM		PM	
20.	DATE:	AM		PM	
21.	DATE:	AM		PM	

## WEEK 4

8. DATE:  AM  PM

9. DATE:  AM  PM

10. DATE:  AM  PM

11. DATE:  AM  PM

12. DATE:  AM  PM

13. DATE:  AM  PM

14. DATE:  AM  PM

## WEEK 5

15. DATE:  AM  PM

16. DATE:  AM  PM

17. DATE:  AM  PM

18. DATE:  AM  PM

19. DATE:  AM  PM

20. DATE:  AM  PM

21. DATE:  AM  PM

## WEEK 6

22. DATE:  AM  PM

23. DATE:  AM  PM

24. DATE:  AM  PM

25. DATE:  AM  PM

26. DATE:  AM  PM

27. DATE:  AM  PM

28. DATE:  AM  PM

## WEEK 7

29. DATE:  AM  PM

30. DATE:  AM  PM

31. DATE:  AM  PM

32. DATE:  AM  PM

33. DATE:  AM  PM

34. DATE:  AM  PM

35. DATE:  AM  PM



**OMRON**<sup>®</sup>  
Going for Zero<sup>™</sup>