

In Hypertension

Accurate BP Measurement



NO SMOKING,
CAFFEINE, FOOD,
EXERCISE 30MIN
BEFORE



QUIET
ROOM



COMFORTABLE
TEMPERATURE



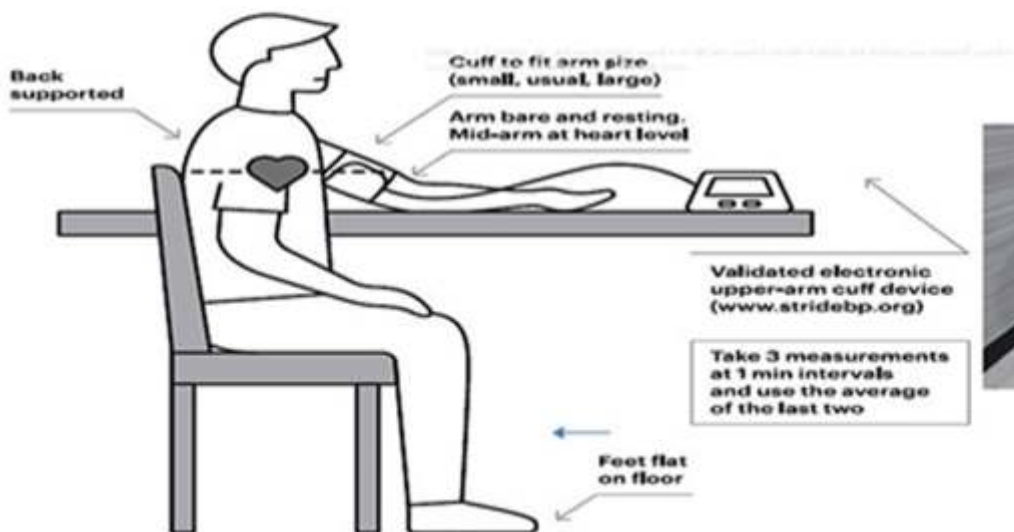
3-5 MIN
REST



NO TALKING
DURING OR
BETWEEN
MEASUREMENTS




EMPTY



- Correct BP Measurement is key for
- Screening
- Diagnosis
- Monitoring
- Use validated instrument with right technique to measure BP
- Have three different cuff sizes
- Promote home blood pressure monitoring
- Patient empowerment – document and educate
- Check standing BP when necessary

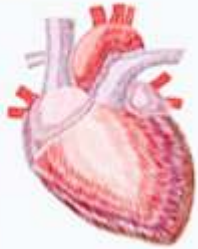
“The discovery of the blood pressure was more important than the discovery of the blood itself”

Johannes Muller, a German Anatomist



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"I have saved the lives of 150 people by heart transplantif I had focused on preventive medicine earlier I would have saved 150 millions"



★★★★★

Dr. Christian Barnad | Heart Transplant Surgeon

Dr. A. Muruganathan

An acute difference in systolic pressure >20 mmHg between the two arms usually indicates aortic dissection (complicated by aortic regurgitation in cases of more proximal dissection). If chronic, it indicates instead a subclavian artery occlusion or a subclavian steal syndrome.

***Dr. Subrahmanyam Karuturi, MD, FRCP(London), FACP(USA)
Rajahmundry***