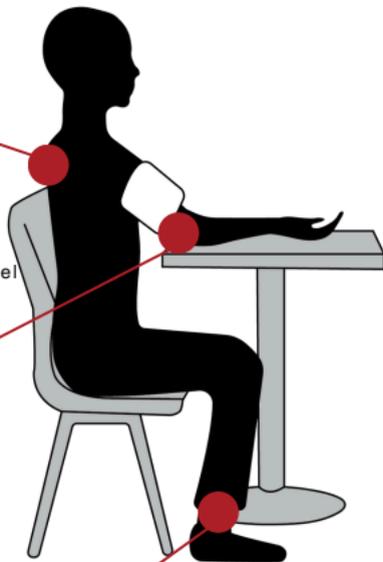


Checking your Blood Pressure and Keeping it Healthy

Why and How to Check your Blood Pressure

High blood pressure is common and often has no symptoms. The only way to know if your blood pressure is high is to measure it.

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of the cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Why it Matters

High blood pressure increases the risk of heart attack, stroke, kidney disease, vision problems, and memory issues. Lowering blood pressure reduces these risks.

How to Check your Blood Pressure Properly

-  Avoid caffeine, smoking, and exercise for 30 minutes prior to measurement
-  Prior to measuring, sit quietly for 1-5 minutes with your back supported and feet flat on the floor
-  Use a cuff that fits your arm and place it on bare skin
-  Keep your arm supported at heart level
-  Do not talk or move during the measurement
-  Take at least two readings and record the results

Using the Right Device

Use a blood pressure monitor you can trust.

Hypertension Canada checks blood pressure monitors to make sure they're accurate.



Scan the QR code to find a validated home blood pressure device.

Understanding your Readings

Many adults are advised to start treatment if blood pressure is consistently above 130–140 mm Hg. Targets vary by individual and should be discussed with your health care provider.

Medication May Still be Needed

Even with healthy habits, many people need medication to reach their blood pressure target. This is common and effective.



Healthy Habits Help



Daily healthy habits can lower blood pressure and improve overall health



Eat less salt, more whole foods, and fibre



Be physically active most days of the week



Manage stress



Limit alcohol consumption



Avoid smoking

For More Information



Guide to Understanding and Measuring your Blood Pressure
Additional information on blood pressure numbers and measurement



Hypertension Canada website
General information about blood pressure and heart health