



#HypertensionMonth

### **Congratulations!**

By knowing your number, you're taking the first step to keep or achieve healthy blood pressure. Blood pressure is the force of blood against the walls of the body's blood vessels. Over time, high blood pressure or hypertension can damage vessels and organs and lead to serious complications such as stroke, heart attack, and kidney disease, among others. The good news is that hypertension can be prevented and controlled with healthy lifestyle strategies, and medication if needed.

Date:	Time:		
Reading	Heart Rate	Systolic mmHG	Diastolic mmHG
1			
2			
3			
Average			

Interested in measuring your blood pressure at home? Hypertension Canada's Blood Pressure Measurement Device Recommendation program is designed to help you purchase devices that are validated as accurate. Visit [www.hypertension.ca](http://www.hypertension.ca) for a list recommended devices.



Recommended by  
Recommandé par  
**Hypertension Canada**  
Gold | Or



Recommended by  
Recommandé par  
**Hypertension Canada**  
Silver | Argent