

# BLOOD PRESSURE MEASUREMENT MONTH

Check your blood pressure at home.  
Ask your pharmacist how.  
Track your numbers here



#MayMeasurementMonth #CanadaUnderPressure



## 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 medications 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.

