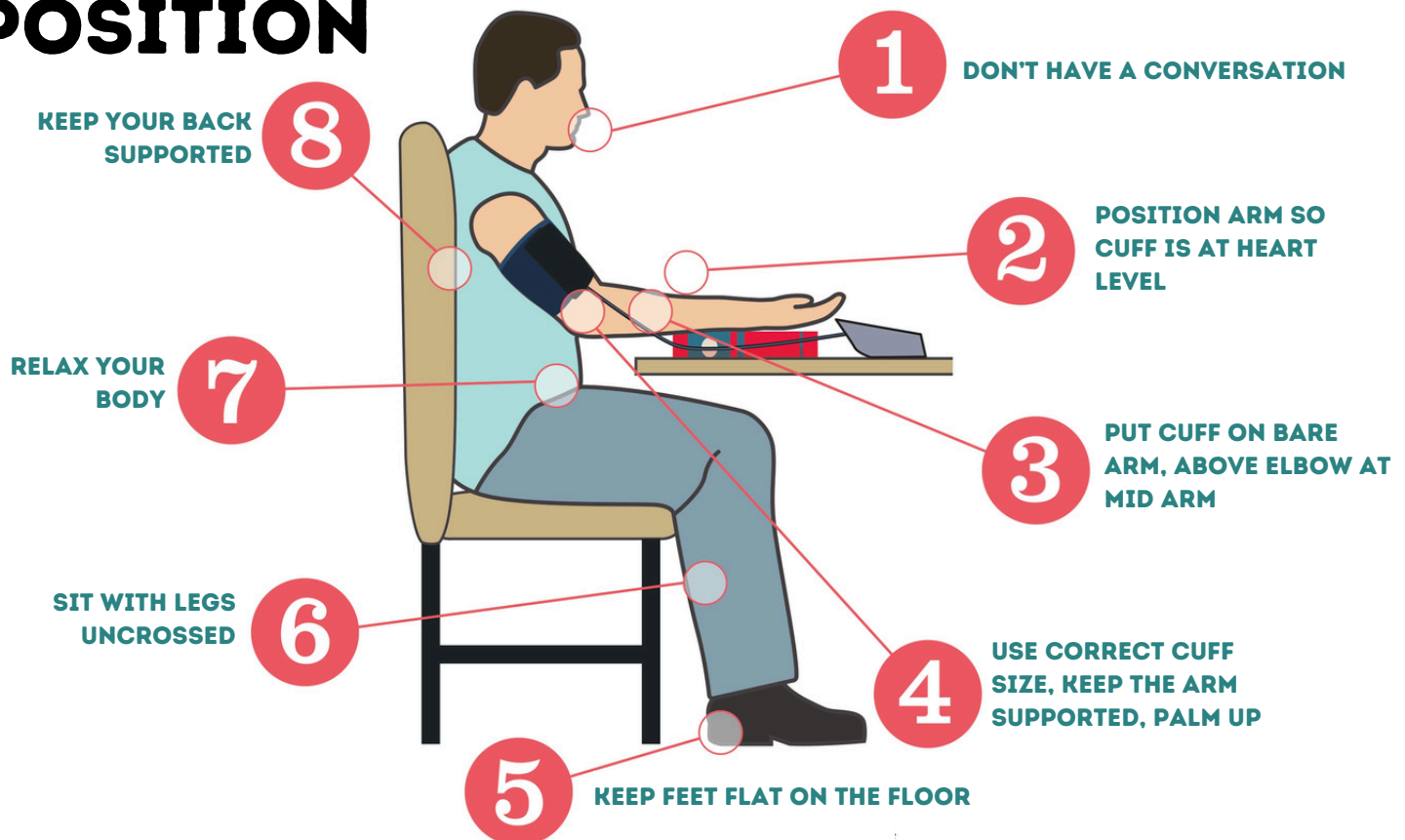


HOW TO MEASURE YOUR BLOOD PRESSURE

PREPARE

- ENSURE NO CAFFEINE, SMOKING /OTHER STIMULANTS - NO FOOD / NO EXERCISE 30 MINUTES BEFORE
- REST 3-5 MINUTES BEFORE MEASUREMENTS
- FIND A QUIET SPACE/ NO PHONE/ NO DISTRACTIONS.
- USE CORRECT CUFF SIZE (LARGE CUFF IF YOUR OBESE)

POSITION



MEASURE

- PRESS THE POWER/START BUTTON ON BLOOD PRESSURE (BP) MACHINE
- SIT QUIETLY WITH NO DISTRACTIONS DURING MEASUREMENTS
- IF THE FIRST BP READING IS $>140/90$, MAKE TWO ADDITIONAL MEASUREMENTS AT INTERVALS OF 1 - 2 MINUTES.
- IF YOUR AVERAGE BP IS $>140/90$, TAKE FEW MORE BP READINGS, (WITH 2 -3 MEASUREMENTS EACH TIMES) MORNING, AFTERNOON, EVENING ON 2 OR 3 NEXT DAYS DURING A ONE WEEK PERIOD.
- WRITE DOWN THE VALUES OF ALL THE MEASUREMENTS AND THEIR TIME IN A NOTE BOOK INCLUDING MEDICATIONS YOU ARE TAKING.
- BRING YOUR HOME BLOOD PRESSURE READINGS AND DISCUSS WITH YOUR DOCTOR.

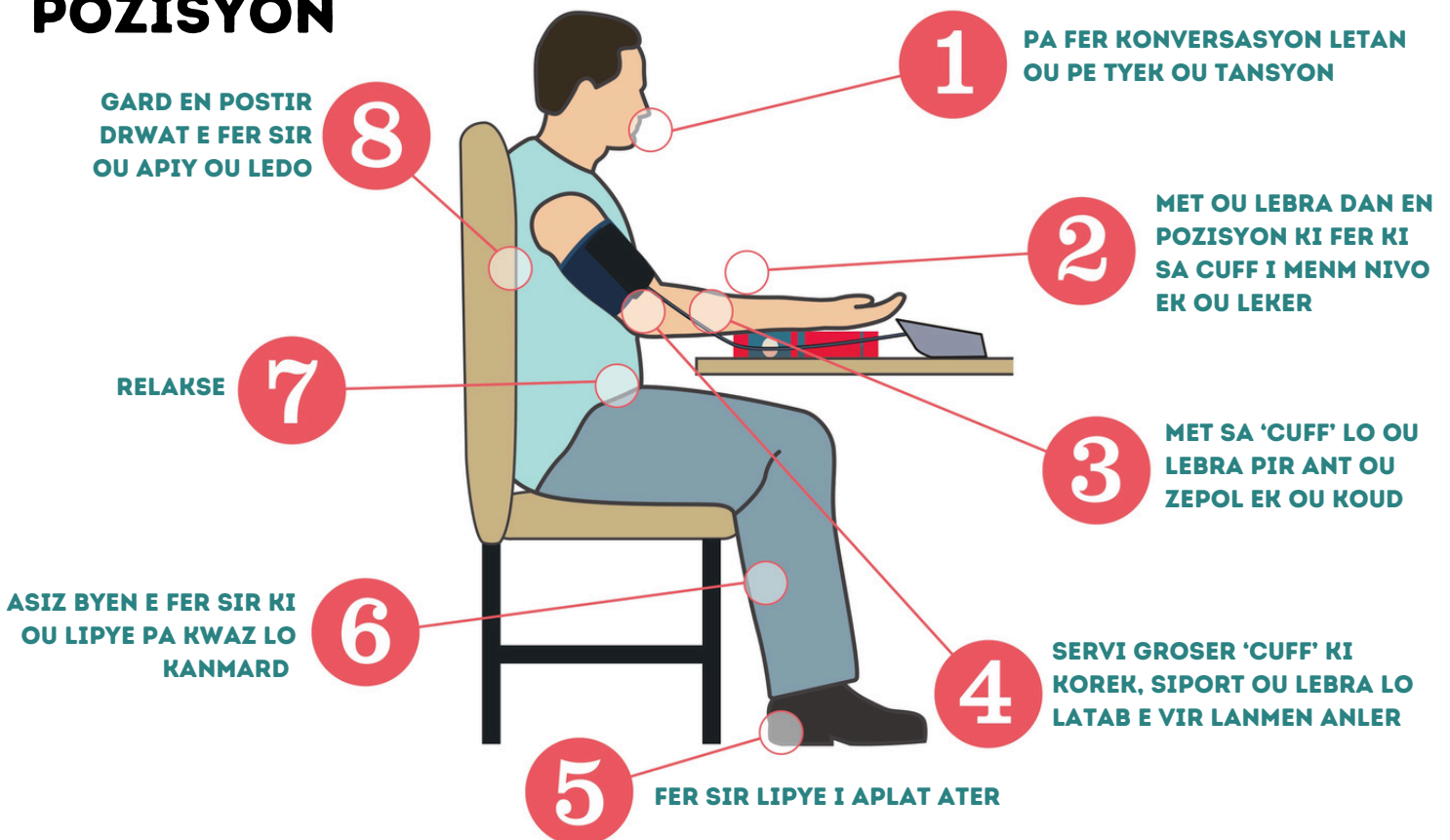


KI MANNYER OU POU TYEK OU TANSYON

PREPARASYON

- FER SIR KI OU PA BWAR OKENN LABWASON KI ANNAN KAFEINN LADAN, OU PA FIMEN, OU PA SERVI DROG, PA MANZE, E OU PA FER LEGZERSIS 30 MINIT AVAN.
- REPOZE POU 3 A 5 MINIT AVAN OU KONMANS TYEK OU TANSYON.
- ROD EN LANDRWA TRANKIL, SAN DISTRAKSYON, PA SERVI TELEFONN
- SERVI 'CUFF' KI APROPRIYE POU OU GROSER LEBRA (SERVI GRO 'CUFF' SI OU OBEZ).

POZISYON



MEZIRE

- PEZ BOUTON 'POWER/ START' LO OU MASIN TANSYON.
- ASIZ TRANKILMAN SAN DISTRAKSYON PANDAN KI OU PE MEZIR OU TANSYON.
- SI OU PREMYE VALER I PLIS KI 140/90, MEZIR OU TANSYON ANKOR 2 FWA 1-2 MINIT APAR.
- SI LAPLIPAR OU BANN VALER I PLIS KI 140/90, TYEK OU TANSYON PLIZYER FWA PAR ZOUR (BOMATEN, APREMIDI, ASWAR) LO 2-3 DIFERAN ZOUR PADAN EN SEMEN.
- EKRIR VALER OU TANSYON EK LER KI OU PE TYEK OU TANSYON DAN EN KAYE ENKLI OU BANN LATIZANN KI OU PE SERVI.
- LER OU PE AL KOT DOKTER FER SIR OU ANMENN OU BANN VALER KI OU'N RIKORDE