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**meetings** Board meetings are usually held monthly on the fourth Tuesday at 5:30 p.m. at the Health District office. The public is welcome; call 224-5209 to confirm meeting dates and times.

**programs and services** Connections  
 Childhood Immunization Outreach  
 Family Dental Clinic  
 Health Promotion  
 Prescription Assistance  
 Community Impact Team  
 Integrated Primary Care/Mental Health Program

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w e l l n e s s

# proper form

## NEEDED FOR ACCURATE BLOOD PRESSURE READING

**S**elf-monitoring may be helpful for people being treated for high blood pressure or those who have had high readings in the doctor's office. **by karin meyer** your readings, you'll want to use good form (see tips below) while using a home or store-based machine.

Many factors, including exercise (particularly within the past 30 minutes), stress and even pain, can affect readings. In order to provide the best comparison of

If you're taking blood pressure medications, work with your doctor to keep readings below 140/90. High blood pressure increases risk of heart attack and stroke.

### Getting accurate results

For best results, use the tips at right to make sure you're using proper form during testing.

To see if your unit is accurate, compare it to a manual reading taken by a nurse. One way to find out is to bring your unit to the Health District's free walk-in blood pressure clinic from 9 to 11 a.m. on the third Monday of the month at the Senior Center, 1200 Raintree.


Most machines at grocery stores are well-maintained. If you're unsure about readings, check with the pharmacy staff.

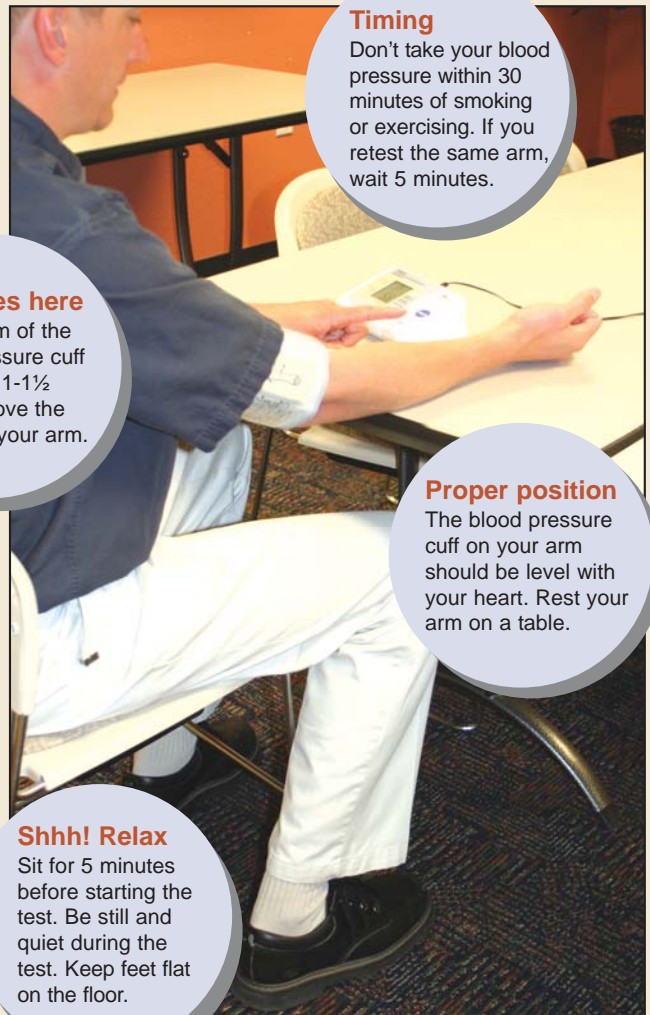
### Keeping a record

Your blood pressure is always adjusting to your body's changing needs. So, it's good to keep a record of your readings, including:

- Date and time taken.
- Any comments about factors that could affect your blood pressure, such as "stressful day at work."
- What time you took blood pressure medication, if you take any.

Be sure to talk with your healthcare provider if you take blood pressure medication and readings are consistently above 140/90.

All adults should have a blood pressure check annually. High blood pressure typically does not have symptoms. If left untreated, it can result in stroke. 



### Timing

Don't take your blood pressure within 30 minutes of smoking or exercising. If you retest the same arm, wait 5 minutes.

### Cuff goes here

The bottom of the blood pressure cuff should be 1-1½ inches above the crease of your arm.

### Proper position

The blood pressure cuff on your arm should be level with your heart. Rest your arm on a table.

### Shhh! Relax

Sit for 5 minutes before starting the test. Be still and quiet during the test. Keep feet flat on the floor.