

24 HOUR AMBULATORY BLOOD PRESSURE MONITORING

****THE DIAGNOSIS OF HYPERTENSION SHOULD BE BASED ON OUT-OF-OFFICE MEASUREMENTS.**

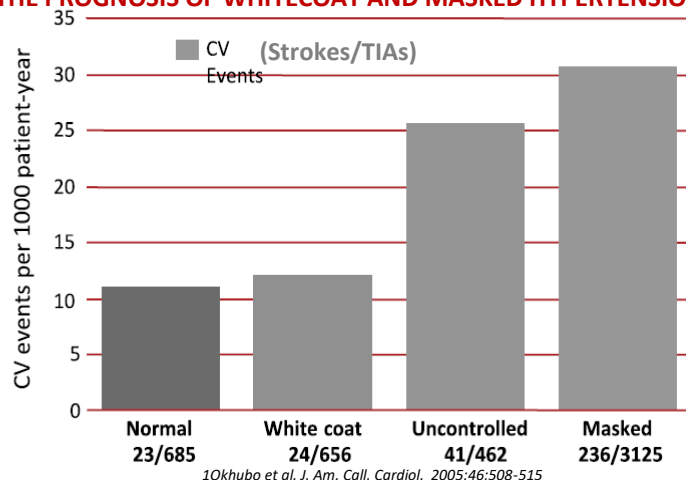
FOR MORE INFORMATION, REFER TO THE CHEP (CANADIAN HYPERTENSION EDUCATION PROGRAM) GUIDELINES

<http://guidelines.hypertension.ca/> **

PATIENTS WITH “**MASKED HYPERTENSION**” HAVE NORMAL BLOOD PRESSURE IN THE DOCTOR'S OFFICE YET HIGH BLOOD PRESSURE OTHERWISE.



THE PROGNOSIS OF WHITECOAT AND MASKED HYPERTENSION



“**WHITECOAT HYPERTENSION**” IS HIGH BLOOD PRESSURE READINGS ONLY WHEN YOU ARE IN A CLINICAL SETTING. (DUE TO NERVES) BLOOD PRESSURE READINGS MAY BE NORMAL WHEN TAKEN AT HOME.

Doctor, Why Is My Blood Pressure High?



AMBULATORY BLOOD PRESSURE MONITORING

- A SMALL MONITOR WITH A CUFF THAT GOES AROUND YOUR ARM. YOU WEAR THIS WHILE CARRYING OUT YOUR NORMAL ROUTINE .
- YOUR BLOOD PRESSURE IS RECORDED AT PRE-SET INTERVALS FOR 24 HOURS
- PROVIDES A MORE RELIABLE READING THAN HAVING YOUR BLOOD PRESSURE TAKEN IN A CLINICAL SETTING OR WITH YOUR OWN HOME READINGS. (WHICH CANNOT BE DONE WHILE SLEEPING)
- ASSISTS WITH MEDICATION ASSESSMENT



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