

# Sawayaka Health Plan for the persons aged 55

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## About Body



Q. I would like to perform my blood pressure management. Please let me know if there is an appropriate timing for measurement.

A. For the treatment of high blood pressure, the blood pressure measured at home is given priority over the blood pressure measured at the doctor's examination room, and the blood pressure measured at home is considered important information. By measuring your blood pressure, you may realize that you are unwell, so please be sure to measure your blood pressure every day. By measuring your blood pressure, you can notice if you are unwell, so please be sure to measure your blood pressure every day.

There are two types of blood pressure monitors: One type is with a cuff wrapped around the wrist and the other is with a cuff wrapped around the upper arm, and the wrist type tends to give inaccurate readings. So, please measure using the upper arm type.

Record all measured blood pressure results in your blood pressure diary.

### 【Appropriate measurement timing】

Measurements are taken in a sitting position twice a day, in the morning and at night.

Blood pressure may rise not only in the morning and at night, but also at work and during other activities.

It's also a good idea to check your blood pressure to make sure it's good even when you're under a lot of stress.



- Within 1 hour after waking up
- After urinating
- Before meals or before taking medication
- After resting for 1-2 minutes



- Before going to bed
- After resting for 1-2 minutes



### Best situation

Room

Quiet and comfortable temperature

Posture

Sit on a chair without putting your feet on the chair and keep the cuff at the height of your heart.

Record

In principle, measure twice and record everything.

Before measurement

- Do not smoke.
- Do not drink alcohol.
- Do not take caffeine.

During measurement

- Don't talk.
- Do not apply force or move.