

1 x 1

of measuring blood pressure

## You should mind the following issues, when measuring your blood pressure.



Take place at a table and rest for about 3-5 minutes before starting the measurement.



Measure the blood pressure on both arms first and then always on the arm whose blood pressure value is higher.



Do not speak during the measurement.

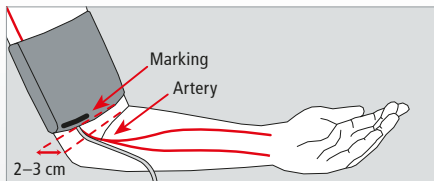


Avoid caffeine or nicotine one hour prior to the measurement.



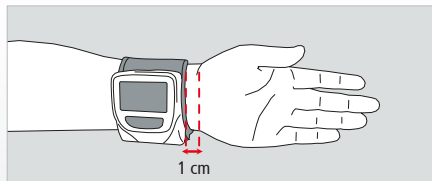
If you need to take another measurement wait for two minutes before starting a new measurement.

## Fitting the cuff.



### Upper arm measurement

- Place the cuff at the upper arm.  
Thick clothing should be removed.
- The red marking should be positioned directly on the artery of the upper arm..
- Gently pull the cuff and close the velcro fastening. It does not need to be too tight. Ensure a space of two fingers that can easily go between arm and cuff.



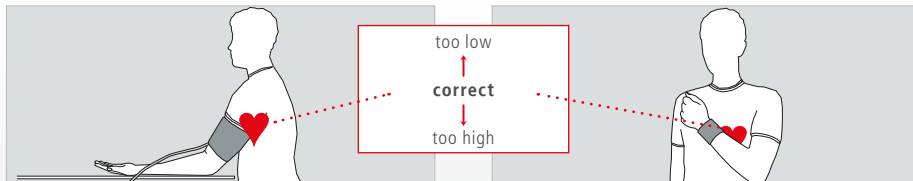
### Wrist measurement

- Place the cuff at the free wrist.  
Clothing should be removed.
- The cuff should fit snugly around the wrist.



Please obey the right circumference of the cuff. Otherwise the readings may be wrong.

Important – the cuff must be placed in line with your heart.



upper arm instruments

wrist instruments

- Place the arm with the cuff on the table holding it relaxed and slightly bent so that the cuff will automatically be in line with your heart.

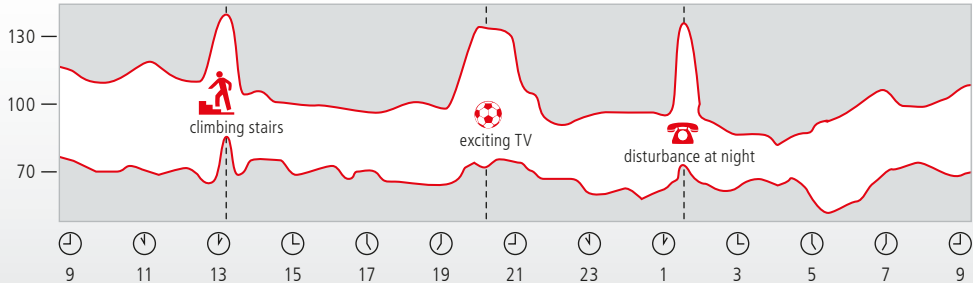
- Place the arm with the cuff at your body as shown in the picture. This will ensure, the cuff is in line with your heart.



Cuff above heart level; the readings are too low.

Cuff underneath heart level; the readings are too high.

## Your blood pressure is permanently changing.



Differences in blood pressure are quite normal. Even in closely repeated measurements there can be differing values. One single measurement or measurements taken at random intervals do not give a clear indication of blood pressure. Therefore an accurate evaluation is only possible if measurements are taken on a regular basis.



Many units have an average function, which calculates the mean of several individual measurements. This allows a more meaningful assessment of your blood pressure.

# General information about blood pressure.

## What is blood pressure?

Blood pressure is built up by the heart: the heart muscle contracts and blood is being forced into the blood vessels (systolic pressure) - the heart muscle extends and the heart is filled with blood again (diastolic pressure).

## Nutrition

Healthy nutrition is important to reduce high blood pressure. You can get support for a healthy diet plan from a nutritionist, for example.

## Over-weight

A reduction of significant over-weight is an important contribution to diminish blood pressure. Discuss weight loss with your doctor.

## Physical exercise

Frequent exercises help to reduce high blood pressure. Stamina training is favourable, strength events may be precarious. If your blood pressure is very high, sports should not be done without consultation of the physician, as strain instantly increases blood pressure.

### White coat syndrome

Many persons are nervous if they visit a physician and react tense in this situation. This increases blood pressure – this phenomenon is called „white coat syndrome“. Blood pressure values taken under such conditions are too high and feign a hypertension that does not exist under normal circumstances. Therefore, additional self-measurement at home is recommended.

### Consequences of high blood pressure

High blood pressure may lead to:

- heart attack
- stroke
- hardened arteries
- heart disease



High blood pressure is a widespread disease: Did you know that 25% of the adult population and about half of the people over the age of sixty suffer from high blood pressure?

# When purchasing equipment, look for quality.

Health is a matter of trust.  
bp-monitoring is boso.

3x best upper arm blood pressure monitor

Stiftung Warentest 5/2016, 11/2018 und 9/2020

96 % of all German general practitioners,  
physicians and internists work in practice  
with blood pressure instruments from boso.

(API survey conducted by GfK 01/2016)



All boso digital self-monitors have passed  
the criteria of the German Hypertension  
League or the strict test protocol of the Eu-  
ropean Hypertension League (ESH).



boso medicus X



## Precision meets comfort – the right device for your needs.

A device that is optimally matched to individual needs is very important for accurate blood pressure measurement. Whether upper arm or wrist device, whether small or large arm circumferences - get detailed advice on this at your pharmacy or medical supply store.





Which is the right type of device for you? Would you like help in evaluating your blood pressure values and other useful information? Do you measure in pairs or do you want an evaluation on the PC?

The range of boso blood pressure monitors offers you many choices for your very personal wishes and needs – for more comfort during blood pressure measurement.

By the way: In addition to particularly simple operation and the highest measurement accuracy, boso blood pressure monitors even detect possible cardiac arrhythmias (such as extrasystoles, atrial fibrillation, etc.).

# The evaluation of blood pressure values.

The World Health Organisation (WHO) has set the following guideline for the assessment of blood pressure values:

BP-limits in (mmHg)	Systolic	Diastolic
 Too high	more than 140	more than 90
 Normal – borderline	130–139	85–89
 Normal	120–129	80–84
 Optimum	up to 119	up to 79

WHO limit values (in mmHg)