FREE RESOURCE FOR READERS OF "HOW TO TREAT HIGH BLOOD PRESSURE"

BLOOD PRESSURE STARTER KIT

How to measure correctly, the 7 mistakes at a glance, and a 14-day log to bring to your doctor

How to measure your blood pressure correctly

1. **Measure in the morning and in the evening**, always at the same times, for at least 7 days in a row.
2. **Morning:** within an hour of waking up, after emptying your bladder, before breakfast, coffee and medicines.
3. **Evening:** before dinner or before going to bed, not right after a meal or exercise.
4. **Sit for 5 minutes** in silence, back supported, feet flat on the floor, legs uncrossed. Do not talk while measuring.
5. **Arm at heart level**, resting on a table; the cuff on bare skin, the right size for your arm, not too tight.
6. **Take two readings one minute apart** and write both down, with your pulse. Do not delete the "bad" ones: your doctor needs all of them.

> **Seek emergency medical help immediately** if you have very high readings together with chest pain, shortness of breath, a sudden severe headache, sudden weakness, or problems with vision or speech.

The 7 mistakes at a glance

7 **Wrong drug timing.** The time you take your medicine matters: it should protect you from pressure peaks at every hour of the day and night.

6 **Never having had a 24-hour blood pressure Holter.** A single reading in the doctor's office can be misleading.

5 **Not knowing if you are a "dipper".** Normally pressure drops at night by 10–20%. If it does not, something must be checked.

4 **Intense exercise in the evening.** It can raise stress hormones when your body should be winding down.

3 **Natural remedies taken without advice.** "Natural" does not mean "safe": some interact with medicines.

2 **An incomplete blood pressure diary.** Readings taken at random cannot guide treatment.

1 **Relying on drugs alone.** Guidelines put lifestyle correction first: food, movement, sleep and stress.

Never stop, reduce or change a prescribed medicine without talking to your doctor. This sheet is for information only and does not replace a medical visit.

My 14-day blood pressure log

Day / date	Morning · reading 1			Morning · reading 2			Evening · reading 1			Evening · reading 2		
	SYS	DIA	Pulse	SYS	DIA	Pulse	SYS	DIA	Pulse	SYS	DIA	Pulse
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												

Notes for my doctor (medicines and times, symptoms, poor sleep, stress, unusual days):

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The first visit takes place in person in Terni. After that, we can follow you wherever you are.
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