

THE MEDICAL MESSENGER

BY GILES FAMILY MEDICINE

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Welcome

Hello patients! Welcome back to the Medical Messenger.

I hope everyone is having a wonderful summer, and doing their best to stay out of the Tucson heat.

This week's topic is home blood-pressure monitoring.

As always, if you have any topic suggestions or questions about anything that is included in this issue, please communicate those with me via email, which is also listed below.

Don't forget to get plenty of exercise and to eat a Mediterranean diet!

Stay Healthy,

Dr. Giles

Announcements

Follow the practice on social media!

Highlights

Home blood-pressure monitoring

WHAT YOU NEED TO KNOW ABOUT HOME BLOOD-PRESSURE MONITORING

A recent large randomized trial of almost 1200 patients with hypertension revealed that home blood pressure measurements were more predictive of adverse cardiovascular outcomes than blood pressure measured only in the doctor's office. Home blood pressure monitoring leads to lower average blood pressure at one year compared with only office-based measurements.

There is debate over how often one should check their blood pressure at home however the following guidelines are recommended. Blood pressure should be taken with an arm cuff while seated. The patient should take two measurements separated by 1 to 2 minutes in the morning and in the evening for seven consecutive days. These measurements should be recorded. Measurements from the first day should be discarded. The home blood pressure is defined as the average of all the remaining measurements.

For those of you whose blood pressure is stable, this weekly check can be done every three months. For those of you whose blood pressure medication is being adjusted, the daily measurement should persist until the blood pressure is controlled.

There have been several changes over the years in regards to the goal blood pressure for people with hypertension. The most recent recommendation is 130/80.

So, for individuals who do not have a home blood pressure machine, it would be something that you should consider. Average blood pressure should be recorded and brought into the office when you have follow-up appointments for hypertension, diabetes, or your wellness exam.

ADDRESS:

7395 E. Tanque Verde Rd
Tucson, AZ 85715

PHONE:

(520) 355-2900

E-MAIL:

drgiles@martygilesmd.com

Website

<http://martygilesmd.com/>

Facebook

Giles Family Medicine

Instagram

@gilesfamilymedicine

