

High Blood Pressure: Make the Most of Home Monitoring

[Host] Using a home blood pressure monitor can help you see if your high blood pressure treatment is working, and that can give you more control of your health.

[Ron] "My doctor said I might be able to lower my blood pressure if I lost weight.

So I started trying to eat better and to get more exercise.

Of course, I'd tried that before, but it was hard for me to stay on track, and I ended up putting the weight back on.

But now I meet up with a buddy to go on bike rides.

Knowing he's counting on me to show up makes it easier to keep on exercising.

I feel better, and I've even noticed I'm riding farther.

Along with checking my weight, I also started checking my blood pressure at home and tracking my numbers.

So when I lost some weight, I could see that my blood pressure went down.

That made it easier to stay committed to better habits."

[Marcia] "My doctor suggested some changes that might help me lower my blood pressure.

To make those changes stick, I started a new morning routine.

Now when I get up, I check my blood pressure.

And then I do my yoga.

I also meditate for a few minutes.

My new morning routine helps me stay on track.

And I'm feeling encouraged to keep going, because I see my blood pressure improving."

[Ernie] "I took blood pressure medicine for a while, but then I quit.

Well, next time I got my blood pressure checked, it was too high.

I told my doctor I stopped taking the pills because they made me feel tired.

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She said there are lots of different medicines we can try.

She gave me a prescription for a different drug, and she asked me to do a little experiment.

She had me get a blood pressure monitor and start taking my readings at home.

Well, I had to admit she was right.

The new pills don't bother me, and I can actually see that my blood pressure has gone down.

Now, I take my blood pressure every day, 'cause it feels good to see how well I'm doing."

[Host] If you're ready to take a more active role in your health, a home blood pressure monitor may be just the tool you need.

By checking and writing down your readings, you'll see how your treatment and your habits affect your blood pressure.

And that knowledge gives you power—the power to take charge of your health.