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Professional Skills Training Platform

## New Online Training Course

### Blood Pressure Monitoring



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Blood Pressure Monitoring  
Course Now



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Product  
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All products are exclusively available at your local pharmacy

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Medicare LifeSense® App



Blood  
Pressure



Respiratory  
Wellness



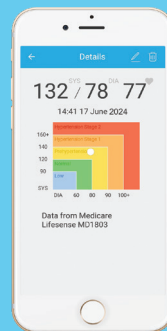
Weight  
Management

## The Medicare LifeSense® App can help you take control of your health from home.

The Medicare LifeSense App allows you to manage your health from home and helps to get a complete picture of your health with our range of diagnostic products. You can monitor Activity, SpO2 (Blood Oxygen) Levels, Blood Pressure, Sleep and Weight.

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Measure, Track and Share your results with your caregiver, doctor or friends. When it comes to monitoring your blood pressure with the Medicare LifeSense Blood Pressure Monitors, you can either manually input your readings from the manual monitors into the Medicare LifeSense App or automatically upload via the Bluetooth enabled monitors.



### Know Your Numbers - Improve Your Health

Connected Health allows you to monitor your own symptoms, to get a better understanding of your condition, and take an active role in your health maintenance or recovery.

Scan to download our free Medicare LifeSense® App and Online Health Portal or download on



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## Learn how to manage your blood pressure



KNOW YOUR NUMBERS  
— Improve Your Health —

Ref Code: MDPOS223

# What is blood pressure?

Everybody has blood pressure. It accounts for the amount of work that your heart has to do to pump blood around your body.

## Hypertension (High Blood Pressure)

Hypertension is a very common illness that can often go unnoticed. It is a global pandemic affecting over 1.5 billion people worldwide. Left untreated, it can cause stroke, heart attacks and even kidney failure. The greatest risk is that many people don't realise they have it - there are no symptoms until the blood pressure is too high.

## Your blood pressure

There are two numbers that measure the level of blood pressure.

**Systolic:** This is the top number, it measures the force your heart exerts on the walls of your arteries each time it beats.

**Diastolic:** This is the lower number which represents the pressure of blood flow back to the heart.

The normal level of blood pressure is usually about 120 (systolic) over 80 (diastolic). If you have been told that your blood pressure is 140 over 90 or higher, you should discuss this with your GP doctor.

## Am I at risk?

You may be at risk for harmful hypertension due to:

- Diabetes type 1 or type 2.
- Being older than 65 years.
- Use of tobacco or alcohol.
- Being overweight.
- High cholesterol levels.

## How do I know if my blood pressure is high?

You have high blood pressure if either your systolic blood pressure is 140 mmHg or higher or your diastolic blood pressure is 90 mmHg or higher, after it has been measured a number of different times.

A person with high blood pressure may feel well, look well, and rarely have any symptoms. The only way to find out if you have high blood pressure is to have it measured. Blood pressure varies with age and depends on how active you are before it is measured. If you are nervous or anxious, the measurement can be higher than usual.

# How to correctly take your blood pressure



# Steps to help reduce your blood pressure



## Know your blood pressure

Get your blood pressure checked and know your numbers. If you have a high blood pressure, it is recommended to have a blood pressure monitor in your home to get accurate readings, keep track of them and understand your blood pressure.



## Regular physical exercise

Try to do at least 30 minutes of moderate intensity activity every day. Even if it is just going for walks, as long as the exercise elevates your heart rate, you are making an impact regardless.



## Keep to a healthy weight

For some people, losing weight is all they need to do to get their blood pressure down to a normal level. For others, there are a lot of other factors. Knowing your Body Mass Index (BMI) is important for weight management.



## Eat a healthy balanced diet

Add more vegetables and fruit to your diet and cut down on salt consumption.



## Drink less alcohol

If you drink alcohol, stick within the recommended limits. The recommended amount of units of alcohol that would be consumed in a week are as follows:

**Men:** 17 units

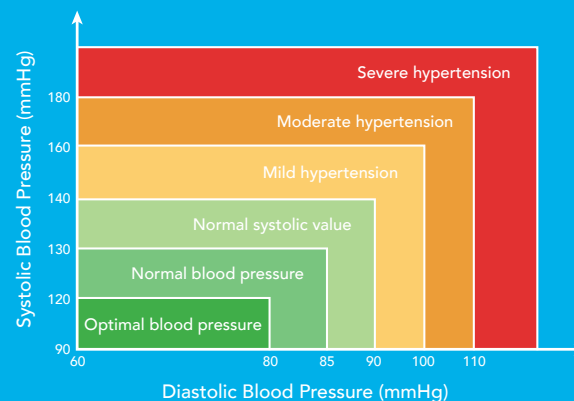
**Women:** 11 units



## Take your medicines as prescribed

Don't stop taking your medication without consulting your GP first.

## How to read your blood pressure numbers



If you are in the **mild**, **moderate** or **severe** category, you will need to call your doctor\*.

Correct according to the blood pressure classifications by the WHO (World Health Organisation) / ISH (International Society of Hypertension).

Factors such as a patient's weight, sex and whether they smoke should also be taken into account.

\* Readings over 135/85mmHg may also be considered sufficiently high to warrant further checks with your GP.