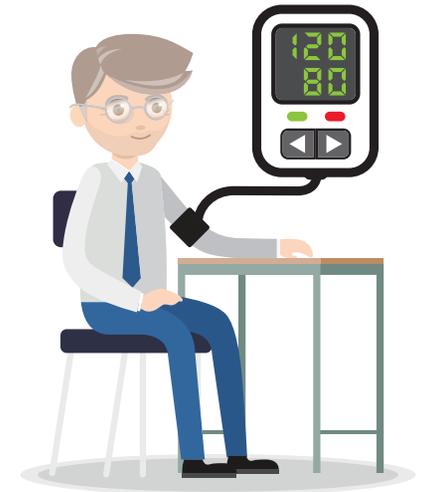


Available at **LONDON DRUGS®**

Measure your blood pressure accurately!

-  **Use a properly calibrated and validated device.**
Hypertension Canada provides a list of recommended devices that have been proven accurate in research studies.
-  **Check the cuff size and fit.**
Use the larger cuff if it looks like you fall within two cuff sizes. Wrap the cuff snugly around your bare upper arm, 3cm above your elbow. You should be able to fit 2 fingers between the blood pressure cuff and your arm.
-  **Do not smoke or drink caffeine (coffee, tea, cola) for 30 minutes beforehand.**
Exercise should also be avoided in the 30 minutes before you take your blood pressure. If you are feeling anxious or in pain, wait to take your measurement until these feelings are resolved.
-  **Rest calmly in a seated position for at least 5 minutes without talking.**
Sit comfortably in a chair with your back supported and both feet firmly on the floor. Place your arm on a table or other firm surface so the cuff is at the level of your heart.
-  **Record your results.**
Take 3 measurements on the same arm in the same position. The first reading can be discarded. Average out the second and third readings. Record the average top and bottom number in a blood pressure log or an app such as the PreCardix Blood Pressure App.



Hypertension Canada Guidelines

Blood Pressure Category	Action
Below 120/80 Healthy Blood Pressure Low Risk	Maintain or adopt healthy behaviours
120/80 - 139/89 Pre-hypertension Moderate Risk	Maintain or adopt healthy behaviours
140/90 - 159/99 Mild - Moderate Hypertension (Stage 1) Elevated Risk	Adopt healthy behaviours. If goal isn't reached in a month, talk to your health care professional about taking medication(s).
Systolic: Upper reading Diastolic: Lower reading Hypertension (Stage 2) High Risk	Adopt healthy behaviours. Talk to your health care professional about taking medication(s).

PreCardix® Considerations

Ask your pharmacist about PreCardix!

PreCardix can be taken to prevent elevated blood pressure. Maintaining healthy blood pressure is especially important if there is a family history of stroke, heart attack or high blood pressure. Clinical research shows that PreCardix does not cause low blood pressure.

Ask your pharmacist about PreCardix!

PreCardix is clinically proven to lower elevated blood pressure naturally, and is a great addition to a healthy lifestyle. Remember, every 2 mmHg improvement reduces risk of heart attack and stroke!

Ask your pharmacist about PreCardix!

Studies show that PreCardix can lower elevated blood pressure comparable to traditional blood pressure medications, with no serious side effects!

If blood pressure is in this range talk to a healthcare practitioner, there are many options! Remember PreCardix should only be combined with blood pressure medication under the direction of a healthcare practitioner.

These blood pressure targets are for adults only up to the age of 80. Ranges may be lower for teenagers and children. Talk to your healthcare professional if you think your child has high blood pressure. Ranges may be higher for adults over 80. Diabetics have different blood pressure targets. Please consult with your Pharmacist. Guidelines are for the management of uncomplicated hypertension. Blood pressure 180/110 is considered a crisis. Seek medical care immediately.

Learn more about what you can do to achieve and maintain healthy blood pressure at precardix.com