

Blutdruck-Pass – Englisch

Blood Pressure Passport

Simply fill in

The passport
for patients



A Sandoz Brand

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Important note for readers

The content-related and scientific information in this guide is up to date at the time of editing (see back page). This guide is intended to provide an initial overview of the topic. It is, however, not a substitute for advice from a doctor. Please always read the package leaflet that comes with your medicine carefully. For the reasons mentioned, 1 A Pharma GmbH cannot guarantee or accept liability for the contents of or information in this guide.

Key contacts

This blood pressure passport belongs to

.....
Name

.....
Tel. no.

1

Treating doctor

.....
Name

.....
Tel. no.

In the event of an emergency, please notify

.....
Name

.....
Tel. no.

Dear Reader,

Have you got high blood pressure? If so, you join the ranks of around 30 million adult patients in Germany, according to the Robert Koch Institute. These days, there are numerous treatment options available for it. You yourself can also help to ease your high blood pressure or prevent it.

To monitor the success of treatment, you should record your blood pressure readings regularly. This blood pressure passport will help with this. You can enter your blood pressure (with the relevant date), your pulse, your weight and extra information (such as "job stress"). Bring the completed passport with you each time you visit the doctor.

We wish you a speedy recovery.

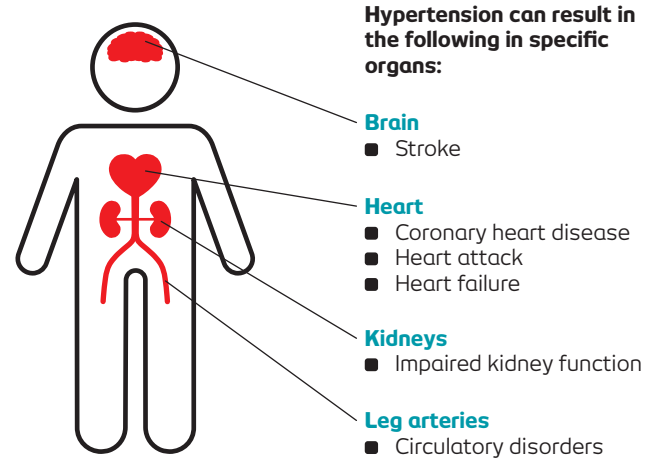
Best wishes
The 1 A Pharma Team

Why is normal blood pressure important?

Unlike excessively low blood pressure, high blood pressure usually causes no symptoms at first. Nevertheless, it poses a considerable risk to health – if it is not treated. In the worst-case scenario, it can cause a stroke or heart attack.

High blood pressure puts extra strain on the body's sensitive blood vessels, particularly those in the brain, heart and kidneys. A series of metabolic processes can cause calcium deposits to form at the damaged places on the inner lining of the blood vessels (arteriosclerosis). This leads to a thickening or hardening of the blood vessels or to a loss of their elasticity. The possible consequences are:

- Partial or complete blockage of the blood vessels affected
- Reduced blood supply to vital organs



What medicines am I taking?

Medicine	in the morning	at lunchtime	in the evening

What medical findings are there on me?

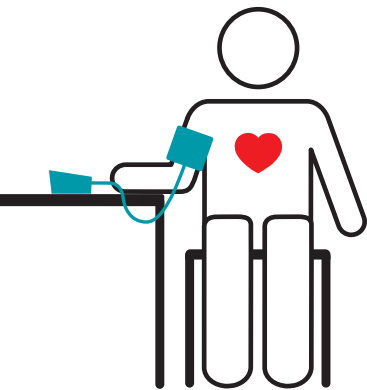
Date						
Weight						
Blood pressure						
Pulse						
Total cholesterol						
HDL cholesterol						
LDL cholesterol						
Triglycerides						
Blood sugar						
Creatinine						

Depending on your individual situation, your doctor will decide which values to measure how often.

How do I measure blood pressure correctly?

Each blood pressure measurement is only a snapshot. The blood pressure fluctuates according to the time of day. For a definitive diagnosis to be made, the blood pressure needs to be measured regularly and correctly, ideally

- several times on different days,
- at different times of day,
- or over 24 hours.



Each blood pressure measurement should take place in a relaxed atmosphere.

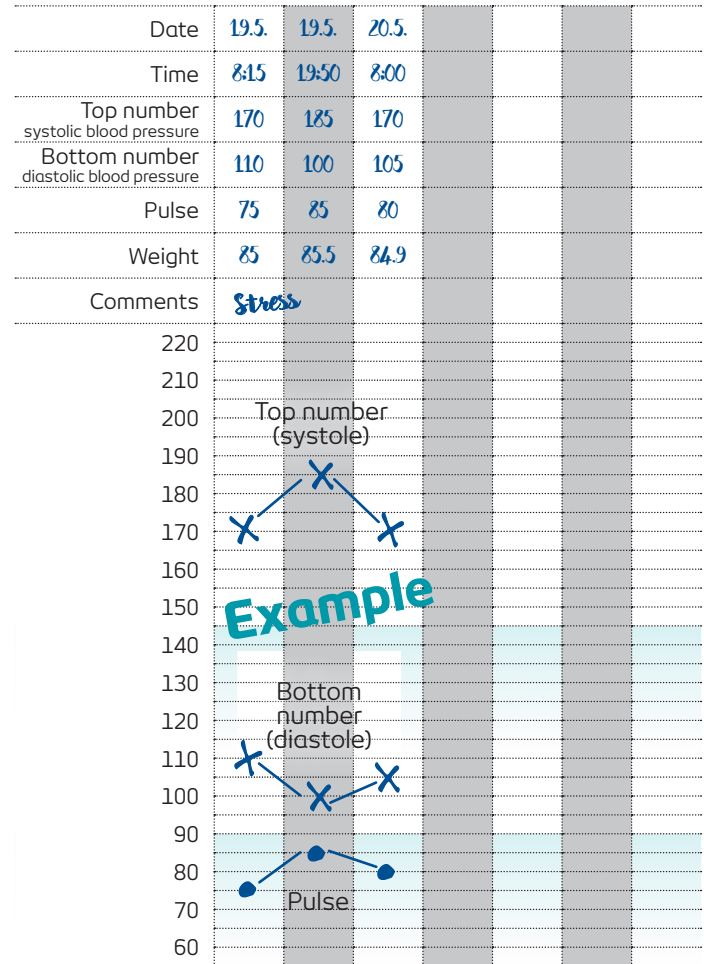
Each blood pressure measurement should take place in a relaxed atmosphere. First, sit down for three to five minutes and only then start to take the measurement. The blood pressure cuff should be positioned level with the heart. Take the measurement at least twice at one to two-minute intervals. This is the only way to tell definitively whether you have high blood pressure. It is best for the blood pressure measurement to be done by a doctor or trained pharmacist.

Adults should check their blood pressure at least once a year and pregnant women at regular intervals.

You can document the results of your regular measurements in this blood pressure passport. The entries will give your doctor a good overview of your state of health and the success of the treatment. You will find further information about how to use the blood pressure passport in the next section.

How do I use the blood pressure passport?

- After every measurement, enter the blood pressure readings in the table, together with the date and time. The first number, on top, is the systolic blood pressure. The second number, at the bottom, is called the diastolic blood pressure. The unit is mmHg or "millimetres of mercury" in words.
- The latest blood pressure monitors also measure the pulse (heart rate). You can also enter this number in the table. The unit is "beats per minute".
- In addition, you can add your weight in kilograms.
- Use the "Comments" line to make a note of any changes in your treatment. Has the dosage been changed? How about the frequency with which you have to take it? Are you taking any other medicines? You can also enter any current physical or mental pressures you are under, for example at work.
- You can write your blood pressure readings as "x" and your pulse as "•" in the line field. Connect the relevant points. This gives you your personal blood pressure and pulse curves. You will find an example on the next page.



Date				
Time				
Top number systolic blood pressure				
Bottom number diastolic blood pressure				
Pulse				
Weight				
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220				
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160				
150				
140				
130				
120				
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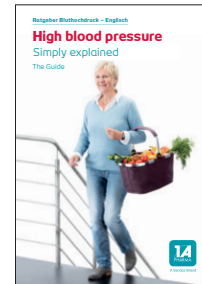
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Other services of 1 A Pharma

The high blood pressure guide is available from 1 A Pharma free of charge (while stocks last). You can order it by fax on 089 6138825-25 or over the Internet at www.1apharma.de/service



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Einfach verstehen.