

Is Home Blood Pressure Monitoring Right for You?



LIFE SOURCE
FAST. EASY. ACCURATE.

Canada's #1 Selling Brand*

What is High Blood Pressure?

High blood pressure (hypertension) is one of the major causes of heart disease and stroke. One out of every five Canadians is adversely affected. Hypertension is often called the “silent killer” because there are not necessarily any visible symptoms for high blood pressure.

Sometimes a physician or healthcare professional detects hypertension when measuring a person's blood pressure. Unfortunately, if left undetected serious internal damage eventually results in the heart (heart attack), brain (stroke) or blood vessels (hardening of the arteries).

RISK FACTORS

Certain factors do increase a person's chance of having high blood pressure. These factors include:

- Age
- Race
- Stress
- Family history of high blood pressure
- Obesity
- Alcohol
- Salt
- Diabetes
- Sedentary Lifestyle

CANADIAN GUIDELINES

Condition	Value(s) for initiating treatment systolic/diastolic BP	Target value(s) for systolic/diastolic BP
Systolic/diastolic hypertension	≥ 140/90	<140/90
Isolated systolic hypertension	≥ 160	<140
Home BP measurement in hypertensive person without diabetes, kidney disease or proteinuria	≥ 135/85	<135/85
Hypertension and diabetes	≥ 130/80	<130/80
Hypertension and chronic kidney disease	≥ 130/80	<130/80

* Canadian Hypertension Education Program Recommendations

Why Measure Blood Pressure at Home?

Many individuals find that they become apprehensive and tense while having their blood pressure taken at a doctor's office or hospital. This can cause falsely elevated readings, commonly known as “white coat hypertension”. One way to determine this is to take your own readings in the comfort of your home and compare them with readings from your doctor. Home monitoring is recommended by more than two out of three physicians for their patients with hypertension.

Self-measurement at home supplements the doctor's readings and provides a more accurate and complete blood pressure history. Moreover, clinical studies have shown that detection and treatment of hypertension is improved when patients both consult their physician and monitor their own blood pressure at home.

Ambulatory Blood Pressure Monitoring (ABPM)

Ambulatory blood pressure monitoring, using a sophisticated device worn for a 24 hour period, has become increasingly available in pharmacies and doctor's offices across Canada.

Blood Pressure and Diabetes

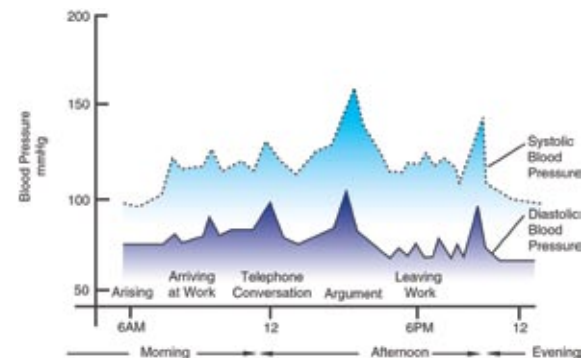
It has been known for some time that the incidence of high blood pressure is higher in people with diabetes than it is in the general non-diabetic population. However, a major study, called the United Kingdom Prospective Diabetes Study (released in 1998) showed something new: amongst patients with both diabetes and high blood pressure, control of blood pressure was crucial in the management of diabetes.

Intensive therapy to lower blood pressure brought the following benefits:

All diabetes related complications	down 24%
Diabetes related deaths	down 32%
Stroke	down 44%
Heart failure	down 56%
Microvascular complications	down 37%

Canada's #1 selling brand - *ACNielsen 2008, pharmacy sales data.

Normal Fluctuation Within a Day



Age, weight, time of day, altitude, climate, and even the time of year are some of the sources of normal variations that can influence blood pressure. Other common variations are caused by physical activity, caffeine, alcohol, medication, and certain foods. These variations are normal. Keep a record of your measurements and consult your doctor about any variations.

CUFF SIZE MATTERS!

Did you know?

Having the right cuff size is crucial in order to get an accurate reading. Most LifeSource monitors can be purchased with a Small, Medium or Large cuff.

Arm Circumference	Cuff Size	Replacement Cuff Model #
16 - 24 cm (6.3 - 9.4")	Small	UA-279
24 - 36 cm (9.4 - 14.2")	Medium	UA-280
36 - 45 cm (14.2 - 17.7")	Large	UA-281
23 - 43 cm (9 - 17")	EasyFit™	UA-381*
42 - 60 cm (16.5 - 23.6")	Extra Large AccuFit™	UA-282**

* only fits UA-787EJ, not sold separately.
** only fits UA-789, not sold separately.

KEYS TO SUCCESSFUL MONITORING

Invest in your



Blood pressure fluctuates throughout the day. We recommend that you are consistent in your daily measurement routine:

- Use the correct cuff size to get an accurate reading.
- Use fresh alkaline batteries.
- Measure at the same time every day.
- Preferably no smoking or caffeine in the hour prior to the test.
- Sit in the same chair/position.
- Do not cross legs and keep your feet flat on the floor.
- Relax for 5 minutes before measurement.
- Arm should be at heart level; rest the arm on a table during the procedure.
- Sit still during measurement - no talking, eating or sudden movements.
- Record your measurement in a logbook. (Get one FREE at www.checkbp.com)



Distributed by Auto Control Medical Inc.
6695 Millcreek Drive, Unit 5 Mississauga, ON L5N 5R8
1-800-461-0991 • www.checkbp.com

Wireless

Complete Health Monitoring Family

Physicians agree that daily self-monitoring is an important step individuals can take to maintain overall health. The Wellness Connected™ family provides a complete system for conveniently tracking vital health information. The Wireless Activity Monitor, for example, helps provide you with a complete record of your activity, such as distance travelled, activity time, number of steps, and calculates calories burned. Use a LifeSource Wireless Blood Pressure Monitor to track your blood pressure and pulse rate, and a LifeSource Wireless Precision Scale to track your weight and BMI. The Wellness Connected™ Software* allows you to wirelessly connect to your health readings. Blood pressure, weight, and physical activity are uploaded in real-time, making tracking and analysis easy. Compare results against your personal goals to keep moving towards better health!

Wireless Activity Monitor (XL-20)

Just clip it on your shoe and go!



(USB Transceiver)

Wireless Automatic Blood Pressure Monitor (UA-851THW)



Wireless Precision Scale (UC-324THW)



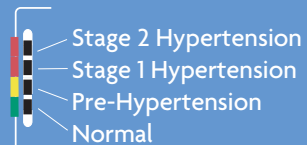
All LifeSource wireless products come with ActiLink™ USB Transceiver, Downloadable Wellness Connected™ Software, Trilingual Instruction Manual and batteries. *The Wellness Connected Tracking Software is compatible with the following PC operating systems: Mac OSX Tiger (10.4), Leopard (10.5), Windows 2000 SP4, Windows XP SP2, Vista Home Premium, Ultimate. Wellness Connected and the Wellness Connected logo are trademarks of A&D Medical. ActiLink is a trademark of FitLinxx, Inc. and is used under license.



	UA-705	UA-767	UA-767 PlusAC	UA-787EJ	UA-787W	UA-774AC	UA-853AC	UA-789	UB-512
MAIN FEATURE	advanced manual inflate	economical automatic	irregular heartbeat & extra memory	EasyFit™ cuff & rapid test	designed for women	family dual cuff unit	Premium Auto with TimeWise™ technology	AccuFit™ cuff for extra-large arms	family dual wrist unit
Automatic Inflation		•	•	•	•	•	•	•	•
Pressure Rating Indicator™	•		•	•	•		•	•	•
Irregular Heartbeat Detection and Correction	•		•	•	•	•	•	•	•
Memory	30	0	30	60	90	2 x 30	90	60	2 x 30
Dual Memory for one or two people or for AM/PM readings						•			•
Small Cuff: 16 - 24 cm (6.3 - 9.4") Medium Cuff: 24 - 36 cm (9.4 - 14.2") Large Cuff: 36 - 45 cm (14.2 - 17.7") Extra-Large Cuff: 42 - 60 cm (16.5 - 23.6")	M, L	S, M, L	S, M, L	EXPANDED RANGE CUFF 23 - 43 cm (9 - 17")	EXPANDED RANGE CUFF 23 - 43 cm (9 - 17")	M & L CUFFS INCLUDED	M, L	XL CUFF INCLUDED	13.5 - 21.5 cm (5.3 - 8.5")
VALIDATED FOR ACCURACY AND RECOMMENDED BY THE CANADIAN HYPERTENSION SOCIETY	✓	✓	✓	✓	✓	✓	✓		
AM/PM TimeWise™ Tracking Technology							•		
Average Readings	•		•	•	•	•	•		•
20% - 40% Faster Test Time				•	•				
AC Adaptor Included			•	•	•	•	•	•	
Case Included				•	•	•			•

BP Monitors Validated for Accuracy • Recommended by the Canadian Hypertension Society

Pressure Rating Indicator™



Several LifeSource monitors have the Pressure Rating Indicator™, a feature which provides a snapshot of your blood pressure classification based on your measurements to let you know, at a glance, what your readings mean.



SOURCE: The Seventh Report of the Joint National Committee on Prevention, Evaluation and Treatment of High Blood Pressure for Adults. National Heart, Lung and Blood Institute - May 2003.

The Canadian Hypertension Society and other Canadian professional groups have issued statements on the need for home blood pressure measuring devices to be shown to meet certain standards, in order that pharmacists and other health care professionals can be assured that Canadians use devices that are known to be accurate.

Positive validation studies on the popular UA-705, UA-767, UA-767 Plus, UA-774, UA-787 and UA-853 models have been published and all six satisfy these accuracy requirements. Additionally, the following models satisfy the further recommendation that home units have data recording capabilities: UA-705 (30 memories), UA-767 Plus (30), UA-774 (2 X 30), UA-787EJ (60), UA-787W (90), UA-853 (90).

Few blood pressure monitors sold in Canada have supporting validation studies. We believe that Canadian pharmacists and potential purchasers of these devices will continue to ask the question: how do I know that this device is accurate?

It is commonly agreed amongst hypertension specialists that independent published validation studies are THE ONLY valid method of demonstrating accuracy.

LifeSource is a registered trademark of A&D Medical. The stylized yellow triangle is a trademark of A&D Medical. Patent pending. Pressure Rating Indicator, TimeWise, EasyFit and AccuFit are trademarks of A&D Medical.



www.hypertension.ca

Is your blood pressure putting your life at risk

Visit www.heartandstroke.ca/bp to find out.



www.heartandstroke.ca

The Heart and Stroke Foundation thanks LifeSource® for providing this space to promote this healthy living message. This is not an endorsement.