

BLOOD PRESSURE MYTHS



Myth

#2

“I have high blood pressure, but my doctor monitors it for me. I don’t need to check it at home.”

Facts

Because **BLOOD PRESSURE CAN FLUCTUATE**, home monitoring and recording of blood pressure readings can provide your healthcare provider with valuable information to determine whether you really have high blood pressure and, if you do, **WHETHER YOUR TREATMENT PLAN IS WORKING**.

It’s important to **TAKE THE READINGS AT THE SAME TIME EACH DAY**, such as morning and evening, or as your healthcare professional recommends.



American Heart Association.

Hard Hats with Heart™