Cvs wrist blood pressure monitor manual instructions diagram chart 1

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The impulse display is not suitable for controlling the frequency of cardiac pacemakers! In case of irregular heartbeat (arrhythmia), the measurements made with this tool should be evaluated after consultation with your doctor.Electromagnetic interference:The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields inthe direct vicinity of the device (e.g. mobile telephones, microwave ovens). These can lead to temporaryimpairment of the measuring accuracy.2. Important information on blood pressure and its measurement2.1. How does high/low blood pressure arise?Your level of blood pressure is determined in the circulatory center of the brain and adjusts to a variety ofsituations through feedback from the nervous system. To adjust blood pressure, the strength and frequencyof the heart (Pulse), as well as the width of circulatory blood vessels is altered. Blood vessel width iseffected by fine muscles in the blood vessel walls.Your level of arterial blood pressure changes periodically during heart activity: During the blood ejection(Systole) the value is highest (systolic blood pressure value). At the end of the hearts rest period(Diastole) pressure is lowest (diastolic blood pressure value). Blood pressure values must lie within certainnormal ranges in order to prevent particular diseases.2.2. Which values are normal?Blood pressure is too high if at rest, your diastolic pressure is above 90mmHg and/or the systolic bloodpressure is over 160mmHg. In this case, please consult your doctor immediately. Long-term values at thislevel endanger your health due to continual damage to the blood vessels in your body.Should the systolic blood pressure values lie between 140mmHg and 160mmHg and/or the diastolic bloodpressure values lie between 90mmHg and 95mmHg. Consult your doctor. Regular self-checks will benecessary.With blood pressure values that are too low, (i.e. systolic values under 105mmHg and/or diastolic valuesunder 60mmHg) consult your doctor.Even with normal blood pressure values, a regular self-check with your blood pressure monitor isrecommended. You detect possible changes in your values early and react appropriately.If you are undergoing medical treatment to control your blood pressure, keep a record of values along withtime of day and date. Show these values to your doctor. Never use the results of your measurementsto independently alter the drug doses prescribed by your doctor.The following standards for assessing high blood pressure (without regard to age) have been established bythe National Institutes of Health JNCVI.3Category Systolic Diastolic(mmHg) (mmHg)Optimal 4 Further information If your values are mostly normal under resting conditions but exceptionally high under conditions ofphysical or psychological stress, it is possible that you are suffering from so-called labilehypertension. Consult your doctor. Correctly measured diastolic blood pressure values above 120mmHg require immediatemedical treatment.2.3. What can be done if regular high or low values are obtained?a) Consult your doctor.b) Increased blood pressure values (various forms of hypertension) are associated with considerablehealth risks over time. Arterial blood vessels in your body are endangered due to constriction caused bydeposits in the vessel walls (Arteriosclerosis). A deficient supply of blood to important organs (heart,brain, muscles) can result from arteriosclerosis. Furthermore, the heart will become structurallydamaged with increased blood pressure values.c) There are many different causes of high blood pressure. We differentiate between the common primary(essential) hypertension, and secondary hypertension. The latter group can be ascribed to specificorganic malfunctions. Please consult your doctor for information about the possible origins of your owncreased blood pressure values.d) There are measures which you can take to reduce and prevent high blood pressure. These measuresmust be permanent lifestyle changes.A) Eating habits Strive for a normal weight corresponding to age. age. See your doctor for your ideal weight. Avoid excessive consumption of common salt. Avoid fatty foods.B) Previous illnesses Consistently follow all medical instructions for treating illnesses such as: Diabetes (Diabetes mellitus or sugar diabetes) Fat metabolism disorder GoutC) Habits Give up smoking completely Drink only moderate amounts of alcohol Restrict your caffeine consumption (coffee, tea, chocolate)D) Physical constitution After a preliminary medical examination, exercise regularly. Choose sports which require stamina and avoid those which require strength. Avoid reaching the limit of your performance. With previous illnesses and/or an age of over 40 years, please consult your doctor before beginningyour sporting activities. He/She will advise you regarding the type and extent of types of sport that arepossible for you.3. Components of your blood pressure monitorThe illustration shows the blood pressure monitor consisting of:a) Measuring unit51388070ON/OFFMEMORYON/OFF Memory buttonCuff connectionLCD-displayON/OFFMEMORYON/OFFMemory buttonLCD-displayAC/DC Power Socket6b) Upper arm cuffs:The cuff is for arm circumference 2232 cm or9 - 13 (included)CVS sells a large cuff for arm circumference 3242 cm or12 - 16 (sold separately in all CVS stores)4. Operation of your blood pressure monitor4.1. Inserting the batteriesAfter you have unpacked your device insert the batteries. The battery compartment is located on the backside of the device (see illustration).a) Remove cover as illustratedb) Insert the batteries (4 x size AA 1,5 V), following theindicated polarity. (+ -) c) If the low battery indicator appears in the display, thebatteries are discharged and the unit will not function.d) If the batteries are inserted incorrectly, the displaymay function eratically or not at all. Check batterypolarity.Attention! After the low battery indicator appears, the devicewont function until the batteries have been replaced. 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