

Patient Blood Pressure Resources

Home Blood Pressure Monitoring Videos

American Heart Association (AHA), www.heart.org. Type in home blood pressure monitoring video, then click on instructional video.

Canadian Hypertension Society, <https://www.hypertension.ca/en/>
<https://www.youtube.com/watch?v=egBmUw0Y0IE&feature=youtu.be>

Information on High Blood Pressure

American Heart Association, (800) 242-8721 or (800) AHA-USA1, www.heart.org. For information about blood pressure and how to manage it, visit the AHA high blood pressure health center at www.hearhub.org/hc-high-blood-pressure.htm.

Department of Health & Human Services

http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/dash_plan_one_week.html. One week of menus with the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

Mayo Clinic, www.mayoclinic.com. Type in "high blood pressure." Visit this site for information on high blood pressure. Visit <http://www.mayoclinic.com/health/dash-diet/HI00047> for information on dietary changes to help lower blood pressure.

Michigan's High Blood Pressure University, www.michigan.gov/hbpu. Click on Patient Campus. This site provides resources on managing your high blood pressure.

National Heart, Lung, and Blood Institute, (301) 592-8573, www.nhlbi.nih.gov. For information on how to prevent and lower high blood pressure, see the Your Guide to Lowering Blood Pressure interactive web site (www.nhlbi.nih.gov/hbp). The site also includes information on the Dietary Approaches to Stop Hypertension (DASH) eating plan.

Salt Matters: Preserving Choice, Protecting Health Video, www.cdc.gov/CDCTV/Salt_Matters/. This video from the Centers for Disease Control and Prevention (CDC) outlines ways to help people make healthier food choices with lower salt content.

Too Much Salt Can Be Risky PSA, <http://www2c.cdc.gov/podcasts/player.asp?f=760255>. This 30-second CDC public service announcement describes the risk of too much salt.