

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.

World Hypertension League: How To Best Measure Blood Pressure,
<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.

Hypertension Canada, <https://hypertension.ca/>.

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, <https://www.nhlbi.nih.gov/health-topics/high-blood-pressure>. Visit this site for information on high blood pressure and ways to manage it. The site also includes information on the Dietary Approaches to Stop Hypertension (DASH) eating plan <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.

Salt Matters: Preserving Choice, Protecting Health Video, <https://youtu.be/XQ9e766K5ZI>. This video from the Centers for Disease Control and Prevention (CDC) outlines ways to help people make healthier food choices with lower salt content.