

High Blood Pressure is a silent killer

How 24 Hour Blood Pressure Monitoring could save your life

Did you know that every hour, someone dies from heart disease and stroke in Ireland? High blood pressure is one of the most common preventable causes of early ill health and death in the Ireland. It is a significant cause of stroke, heart attack, heart failure, kidney disease and cognitive decline (dementia).

If you have been diagnosed or suspected of having high blood pressure, a 24 hour blood pressure monitor is the most reliable tool to check the accuracy of the diagnosis and in many cases prevent you having to take blood pressure medication due to the high error rate of once off blood pressure checks.

Why get a 24 hour blood pressure check?

A 24 hour blood pressure monitor provides a more accurate measure of blood pressure than a single measurement. It shows how your blood pressure changes throughout the day and more importantly at night. It helps your doctor and pharmacist ensure your blood pressure is under control. If you are already taking blood pressure medication, our 24 blood pressure monitor will show if you are getting the full benefit of the blood pressure medication you must take.

Internationally recognised best practice for diagnosis of high Blood Pressure

The respected health advisory body, the *National Institute of Clinical Excellence* (NICE) in the UK recommends that a diagnosis of primary hypertension (high blood pressure) should be confirmed using 24-hour ambulatory blood pressure monitoring (ABPM), rather than be based solely on measurements of blood pressure taken in the clinic. The recommendation is based on substantial new evidence, including that published in the *Lancet* (Journal of Medicine) in August 2012, recommending that ABPM 24 Hour monitoring is more accurate than both clinic and home monitoring in determining the presence of hypertension. NICE recommends that patients should not be diagnosed with high blood pressure or prescribed blood pressure medication until this 24 hour monitor is performed. This is now common practice in the UK.

White Coat Syndrome

“White coat Syndrome” or “White coat Hypertension” is a phenomenon in which patients exhibit high blood pressure in a clinical or medical setting but not in other settings. It is thought that this is due to the anxiety some people experience during a clinic or medical type visit. It is recognised that up to 30% of people suffer from this phenomenon leading to misdiagnosis of high blood pressure in some cases. To prevent this problem, 24 hour ABPM blood pressure monitoring is seen as the most accurate tool to check and diagnose high blood pressure

Blood pressure-the silent killer

According to latest statistics, high blood pressure causes 54% of stroke and 47% of heart disease worldwide. High blood pressure is often called the silent killer with many people not realising they have it until it is too late, for example after they have suffered a stroke or heart attack.

Where to get a 24 blood pressure monitor fitted

Most GP surgeries offer the 24 hour blood pressure monitoring service. Whelehans Pharmacy in Mullingar can now fit you with a 24 hour blood pressure based on ABPM technology which you can now wear while undertaking normal daily activities. You can book the service by calling 04493 34591.

A 24 hour blood pressure monitor could save your life

Contact Whelehans Pharmacy today to arrange getting your 24 hour blood pressure checked, it could save your life. Whelehans 24 hour Blood Pressure service costs €50. We simply fit the monitor in the morning, you wear it for 24 hours and when you come back the next morning we will have your results which you can bring to your GP.

Whelehans Pharmacy, 38 Pearse St, Mullingar (opposite the Greville Arms Hotel). Tel 04493 34591.

Web. www.whelehans.ie