



Many patients with blood pressure problems have a predisposition to high blood pressure which is exacerbated by an unhealthy lifestyle. Factors such as chronic stress, excess weight due to lack of exercise,

a poor diet, excessive consumption of stimulants (e.g. alcohol) and lack of sleep play a significant role here.

For many patients, rethinking their negative habits alone is enough to bring about a significant improvement in their high blood pressure: **enough sleep, active relaxation, regular exercise, a reduced-calorie diet and the restriction of stimulants are all important factors.**

In this context, the Beurer activity sensors have an important role to play in estimating the actual amount of exercise taken every day. Using a multi-dimensional acceleration sensor they determine the number of steps taken, the period of activity, the distance covered and the resulting calorie consumption.



ACTIVITY SENSOR

Excess body weight can be reduced very effectively by sport. Regardless of which sport you choose, the

important thing is that you train at the correct heart rate. Beurer heart rate monitors help you to determine this training heart rate and check your pulse rate during training.



PM 62 HEART RATE MONITOR



Determines kilocalories, kilojoules, fat, bread units, protein, carbohydrates and cholesterol

DS 61 NUTRITIONAL ANALYSIS SCALE

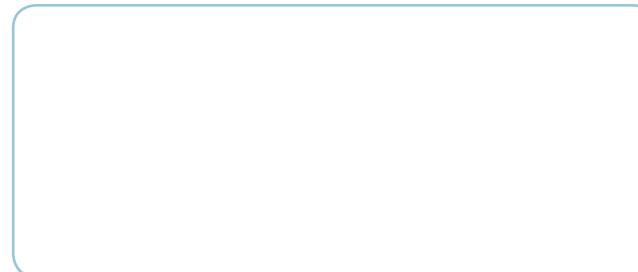
A healthy and balanced diet also makes a significant contribution to long-term weight reduction.

If you want even more detail, you can use a nutritional analysis scale to determine the precise nutritional values and energy values of the weighed food. In addition to the number of calories, it also calculates the fat and cholesterol values for the weighed foodstuff. This enables you to estimate the daily energy intake through your diet.

With the Beurer diagnostic scales you can determine not only your body weight but also your body fat, body water and muscle content, as well as your bone mass and calorie requirement to some extent. **So you arrive at your ideal weight gradually, putting in place the best conditions for healthy blood pressure.**



BF 800 DIAGNOSTIC SCALE



Hypertension – causes and prevention



Blood pressure and prevention

High blood pressure is one of the most common ailments in the industrialised world, with around 30% of adults suffering from the condition.¹ It becomes significantly more common with increasing age. Approximately one in every two people over 50 is affected by high blood pressure.



What is blood pressure?

Blood pressure is the pressure exerted by the blood upon the walls of the arteries. The blood pressure in our vessels changes with cardiac activity.

The high value is called “systolic” blood pressure, the low value is called “diastolic” blood pressure. The systolic value indicates the pressure in the vascular system when the heart muscle contracts and the heart is supplying the vessels with blood through its pumping action. The diastolic value represents the pressure at the end of the heart’s resting phase.

According to the definition of the WHO (World Health Organisation), a systolic blood pressure above 140 mmHg or a diastolic blood pressure above 90 mmHg is classed as high blood pressure or hypertension. The optimal value for an adult is a resting value of 120 over 80 mmHg.

Why is regular blood pressure monitoring important?

High blood pressure is a condition that progresses gradually and goes unnoticed at first. It can therefore be underestimated for many years. The more marked the high blood pressure, the higher the risk is that secondary illnesses – which may be very serious – such as arterial vascular disease, heart attack, stroke and dementia will occur.

There are no signs that give an early warning of hypertension. Quite the contrary. **Many people feel well for years despite their high blood pressure. Doctors often detect high blood pressure by chance.** The one reliable way of recognising high blood pressure early is to measure blood pressure on a regular basis.

Take measurements at fixed, comparable times of day and spend at least 5 minutes in relaxation and physical rest before every measurement. When measuring your blood pressure sit in a relaxed position, avoid all movement (particularly movement of the relaxed measurement arm), breathe gently and do not talk. Make sure that the cuff is at heart height.



The integrated resting indicator checks whether the patient was sufficiently relaxed when the measurement was taken and thus ensures the precision of the displayed measurement result.

BM 55 UPPER ARM BLOOD PRESSURE MONITOR



Wrist or upper arm blood pressure monitor?

Blood pressure monitors for use on the wrist are smaller and are very convenient and quick to use, since the upper arm need not be uncovered. They can therefore be used with a good level of accuracy in many everyday situations.



BC80 WITH POSITIONING INDICATOR

In general, an even higher degree of measurement accuracy is obtained using upper arm monitors, which are always used when a particularly precise blood pressure measurement is required. This measurement is particularly suitable for monitoring the set blood pressure in patients being treated for blood pressure problems, for example.



BM 75 UPPER ARM BLOOD PRESSURE MONITOR

