

Exmouth Pharmacy

ALWAYS THERE FOR CARE

KNOW YOUR BLOOD PRESSURE

Small numbers. Big impact.

Blood pressure is the force of blood pushing against the walls of your arteries.

 **SYSTOLIC** (the top number)
Pressure when your heart beats.

 **DIASTOLIC** (the bottom number)
Pressure when your heart relaxes between beats.



High blood pressure often has **NO** obvious symptoms.
That's why checking it matters.

WHY IT MATTERS



High blood pressure increases your risk of heart attack, stroke, kidney disease and other serious problems.



1 in 3 adults in Canada has high blood pressure.



The good news: it can be controlled and managed.



Small changes today can protect your health tomorrow.

RISK FACTORS YOU CAN MANAGE



Physical inactivity



High sodium diet



Excess weight



Smoking & alcohol



Stress



Family history, age, other conditions

WHEN TO SPEAK UP

Talk to your pharmacist or your healthcare provider if your readings are often **130/80 mmHg or higher** or if you are concerned about your numbers.



WE'RE HERE TO HELP

Your pharmacist is part of your healthcare team. We can help you understand your numbers, manage your medications, and support you in living a healthier life.



ASK US ABOUT

- Blood pressure checks
- Medication reviews
- Lifestyle support
- Your questions



FREE BLISTER PACKAGING



FREE DELIVERY IN SARNIA



LOCAL CARE YOU CAN TRUST



ALL DRUG PLANS ACCEPTED



BLOOD PRESSURE



**1 REST**

Sit quietly for 5 minutes. Avoid caffeine, tobacco and exercise before measuring.

**2 POSITION**

Back supported, feet flat on the floor, legs uncrossed. Arm supported at heart level.

**3 CUFF**

Use the right cuff size on a bare upper arm. The cuff should be snug but not tight.

**4 MEASURE**

Stay quiet and still. Do not talk during the measurement.

**5 REPEAT**

Take 2 readings about 1 minute apart.

**6 RECORD**

Write down your results with date and time.

**For home monitoring:**

Take 2 readings in the morning and 2 in the evening for 7 days (or as advised). Share your results with your pharmacist or doctor.



Track your numbers. Know your trends. Take control.

YOUR PHARMACIST CAN HELP**Check your technique**

We'll make sure you're measuring your blood pressure correctly.

**Help you choose a monitor**

We can help you select a validated home blood pressure monitor.

**Review your readings**

We can help you understand your numbers and what they may mean.

**Review your medications**

We'll ensure your medications are safe, effective and working for you.

**Identify issues**

We can help identify potential medication-related problems or interactions.

**Support healthy living**

We'll provide practical advice to help you reach your health goals.

Have a home monitor?

Bring it to the pharmacy. We can check your technique and compare your monitor for accuracy.

UNDERSTAND YOUR NUMBERS

BLOOD PRESSURE (mmHg)	WHAT IT MEANS
Below 120 / Below 80	Optimal
120-129 / Below 80	Elevated
130-139 / 80-89	Stage 1 Hypertension
140 or higher / 90 or higher	Stage 2 Hypertension

Diagnosis should be confirmed with multiple readings over time.

SEEK PROMPT MEDICAL ATTENTION IF YOU HAVE VERY HIGH READINGS AND:

- Chest pain
- Shortness of breath
- Severe headache
- Dizziness or confusion
- Vision changes
- Weakness or numbness



Call 911 or go to the nearest emergency department.

**CALL US****519-491-6861**

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PACKAGING



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LOCAL CARE
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ALL DRUG PLANS
ACCEPTED

We do not replace your doctor. We work with your healthcare team to support your health.