

OMRON Products

EVOLV (HEM-7600T-E)

Tubeless upper arm blood pressure monitor

All in One Upper Arm Blood Pressure Monitor. Takes accurate readings in any position around the upper arm. OMRON connect compatible.



M7 Intelli IT (HEM-7361T-EBK, HEM-7361T-ESL)

Upper arm blood pressure monitor with Atrial Fibrillation detection

Blood pressure monitor that also detects Atrial Fibrillation, an often undetected abnormal heart rhythm which leads to a higher risk for stroke.



Importance of clinical validation

Some people have specific health conditions that affect the accuracy of blood pressure measurements, such as arterial stiffness for diabetes patients, cuff size for obese patients and hemodynamic changes during pregnancy. Clinical validation certifies the accuracy of blood pressure measurements by thorough testing. At OMRON we ensure all blood pressure monitors are clinically validated for accuracy.

Common misconceptions (myths/facts)

Myth: hypertension runs in the family, so I cannot prevent it.

When hypertension runs in the family you have a higher chance of getting it. However, by detecting it early and adopting a healthy lifestyle you could still prevent or reverse it. Therefore it is important to monitor your blood pressure regularly.

Myth: I don't have any symptoms, so I'm good.

Hypertension is called a "silent killer" for a good reason – many people do not have any symptoms! Do not assume there are no problems when you don't experience any symptoms.

Fact: even though I monitor my blood pressure at the doctors' office, I should still monitor it at home.

Blood pressure fluctuates. Your blood pressure can be higher or lower at the doctors' office than the actual value. Therefore, home monitoring is crucial for determining your blood pressure. It is important to take the readings at the same time each day and check it regularly.



Blood pressure: do you know what it is?

What is (high) blood pressure?

The pressure created by the heart to pump the blood through the vessels is called blood pressure. It is recorded as two values in millimetre of mercury (mmHg):

- **Systolic pressure**
the pressure on the walls of your arteries when your heart pushes blood out
- **Diastolic pressure**
the pressure on the walls of your arteries when your heart rests between beats

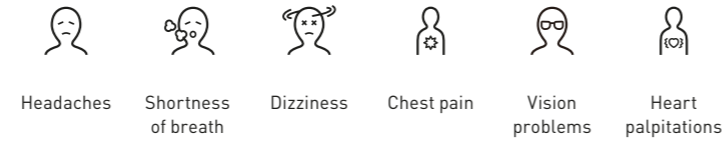
Both numbers determine the state of your heart. High blood pressure (hypertension) is a condition in which your blood pressure remains abnormally high so that it may eventually lead to devastating health problems. Most patients however do not experience any symptoms.

Gaining a better understanding of (high) blood pressure, the risks involved, and how you can take control is crucial in tackling this silent killer.

Classification of Hypertension based on Office Blood Pressure (BP) Measurement¹

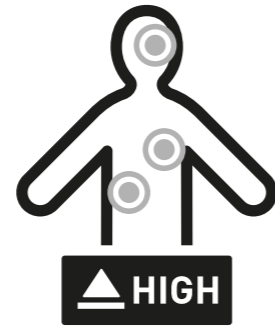
Category	Systolic (mmHg)		Diastolic (mmHg)
Normal BP	<130	and	<85
High-normal BP	130-139	and/or	85-89
Grade 1 hypertension	140-159	and/or	90-99
Grade 2 hypertension	≥160	and/or	≥100

Symptoms of hypertension



Note: hypertension is often without symptoms

Consequences of having hypertension



- Stroke
- Vision loss
- Coronary artery disease
- Heart failure
- Heart attack
- Kidney disease/failure

Examples of who are at risk

- Elderly people
- Overweight people
- Pregnant women
- People with unhealthy lifestyles

Did you know?

Every 10 mmHg reduction in systolic blood pressure significantly reduces the risk of²:

Major cardiovascular disease events	with 20%
Stroke	with 27%
Heart failure	with 28%
All-cause mortality	with 13%
Coronary heart disease	with 17%

How to prevent hypertension

There are several steps you can take to prevent high blood pressure. Know your state of health – monitor your weight, cholesterol, and blood pressure, and maintain a healthy lifestyle.



How to monitor your blood pressure?

Monitoring your blood pressure at home is a quick, easy, and inexpensive process, and is essential to preventing heart disease and strokes.

30 minutes before measurement



During the measurement

Monitoring at home regularly is important

Use a clinically validated monitor

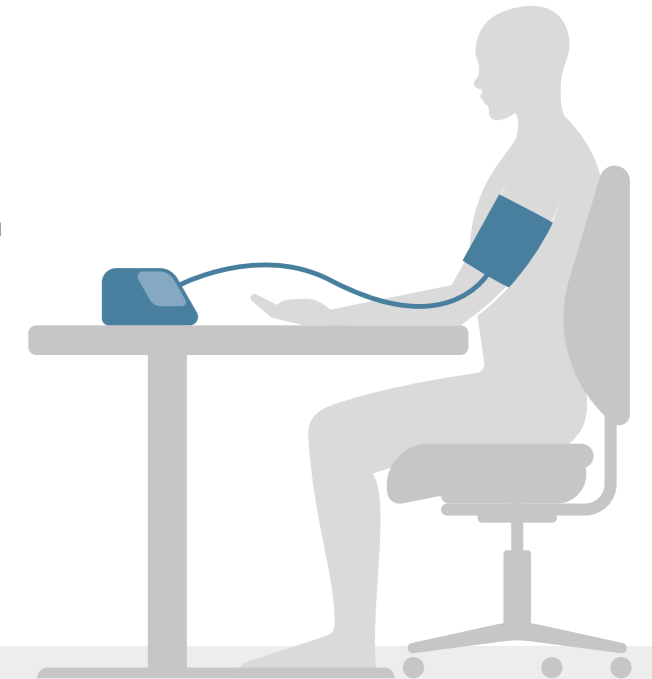
Make sure the cuff is at heart level and the cuff is 2.5 cm above the elbow crease

Sit straight and comfortably in a chair with your feet flat on the floor. Wait 5 minutes

Do not speak or move during measurement

Allow at least two minutes between two measurements

Always measure at the same time to have comparable values (in the morning and/or in the evening)



A correct cuff size is essential for accurate measurements

Mid-arm circumference	Cuff type	Person
17-22 cm	small	Child or slim adult
22-32 cm	medium	Average adult
32-42 cm	large	Heavily muscled or obese

¹ Unger, Thomas, et al. "2020 International Society of Hypertension global hypertension practice guidelines." *Hypertension* 75.6 (2020): 1334-1357.

² Ettehad, Dena, et al. "Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis." *The Lancet* 387.10022 (2016): 957-967.



OMRON connect

OMRON connect is a free app that makes it easy to record, view and wirelessly sync personal health data. You can set individual targets, such as blood pressure, weight, and track your progress over time.

