



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE
BLOOD
PRESSURE
MONITOR

IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program

The Y designed the **Blood Pressure Self-Monitoring program** to help adults with hypertension lower and manage their blood pressure.

The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

THIS PROGRAM IS OFFERED AT:

- SANFORD-SPRINGVALE YMCA
207-324-4942

Program Fee: \$40.00

For more information:

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Blood Pressure Self-Monitoring Program

BACKGROUND

According to the American Heart Association, nearly 80 million adults have high blood pressure in this country. Less than half have it under control.

High blood pressure is most prevalent in racial and ethnic minority populations, and is often referred to as "The Silent Killer" because there are typically no warning signs or symptoms. High blood pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the United States.

GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

WHO QUALIFIES?

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

For more information:

mperkins@sanford.org or 207.324.4942

YMCA MEMBERSHIP NOT REQUIRED!

www.sanfordymca.org



This program is an undiscovered gem as far as I am concerned. I am so glad that I participated ... everyone was so kind, encouraging, and positive. Please continue to provide this service. My doctor could not say enough about the manner in which I shared my blood pressure numbers and I was pleased to tell her that this program was instrumental in giving me the tools to do so. Thank you so much!

- YMCA participant



I feel that this program has helped many to realize how important having a normal blood pressure is. As a result of my participation in the program, I am making better eating choices and I have lowered my blood pressure drastically. I've been told I may be able to come off my medications as soon as within six weeks if this type of progress continues.

- YMCA participant

