

Title:

Blood Pressure Monitors

Word Count:

334

Summary:

Blood pressure monitors allow you to keep track of your own blood pressure, in the peace and quiet of your home.

Keywords:

Blood Pressure Monitors, Digital Blood Pressure Monitors, Reliability of Blood Pressure Monitors

Article Body:

Blood pressure monitors allow you to keep track of your own blood pressure, in the peace and quiet of your home.

Measuring your blood pressure at home and keeping a record of the measurements will show you a trend in your blood pressure over time.

To measure your blood pressure at home, you can use either an aneroid monitor or a digital monitor.

One advantage of the aneroid monitor is that it is portable, and its cuff has a built-in stethoscope.

Because the digital monitor is automatic, the blood pressure measurement is easy to read, since the monitor displays the reading on a digital display.

A disadvantage of the digital monitor is that body movements or an irregular heart rate change the reading.

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