



Healthy Her

How Should We Think About Home Blood Pressure Monitoring?

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Doctors' are increasingly recognizing the value of home blood pressure monitoring, and so should you. In fact, not only physicians, but medical professional organizations, and scientific regulatory agencies have home blood pressure monitoring on their radars.

Why is this? When you enter your physician's office and have your blood pressure measured, it could be just a snapshot in time for many people. In other words, the value of your blood pressure at 11:00 a.m. on a Tuesday morning, may or may not be an accurate reflection of your true blood pressure. It may only be representing that particular moment, and capturing what is happening in your life (anxiety, rushing, missing work, etc.) at simply that moment. What we want to see is your blood pressure out in the field, or in your native environment. In other words, what is your blood pressure where you live, work and play?

And so the question is: Is your home blood pressure a more accurate representation of your true blood pressure than at the doctor's office? The answer is increasingly, Yes.

And for women, this is increasingly being recognized as a critical health support during pregnancy and perimenopause. This is because hypertension (high blood pressure) caught early during pregnancy can head off further complications for both mom and baby, including long term heart disease for the mom.

And peri-menopause? This is a time of hormonal fluctuations, including estrogen, and can start as early as 35 years of age. It does not mean that you are infertile, but only that your hormones are beginning to change. It is also a time of increasing heart disease risk, which can be further accelerated by your blood pressure creeping up silently, even in between your yearly check-ups. For every 10 mmHg that your blood pressure rises, your risk of heart disease increases by 20%. So tight control is paramount. Home blood pressure monitoring allows you to stay on top of any rises in your blood pressure as a means to ultimately reduce your risk of heart disease. THAT'S the point.

Please see my 60 second Instagram below from my Stairwell Chronicles series to summarize and explain further.

<https://www.instagram.com/reel/DQZM-SOEutu/?igsh=MXIlcGVxMng0dGo0>