

Northern Berkshire United Way helps CHP patients help themselves. NBUW funded a grant to purchase Omron Blood Pressure Cuffs for hypertension patients at North Adams Family Medicine. This equipment provides easy one-touch operation allowing home blood pressure monitoring that is both simple and accurate. One blood pressure measurement is like a snapshot. It only tells what an individual's blood pressure is at that moment. A record of readings taken over time provides a "time-lapse" picture of blood pressure history that can aid treatment. The American Heart Association recommends home monitoring for all people with high blood pressure to help the healthcare provider determine whether treatments are working.

