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[gattirx.com](http://gattirx.com)


## *How Low Should Your Blood Pressure Be?*

Recently, The American College of Cardiology and the American Heart Association released updated blood pressure guidelines. While they focus on a personalized approach to managing blood pressure, many more Americans will now qualify as having hypertension, or high blood pressure, due to the lowering of blood pressure goals.

Normal is now considered under 120/80. Currently, if your top number (systolic) is between 120 and 129, it's considered elevated. And if it's between 130 and 139 and 80 and 89 for the bottom number (diastolic), it's classified as Stage 1 high blood pressure. Readings above 140/90 are now Stage 2 high blood pressure.

So how do you get this diagnosis? Two careful readings on at least two separate occasions.

### **Here's how to get an accurate reading:**

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- Consider things that can raise blood pressure temporarily, such as a full bladder, recent nicotine use, or talking during measurement.
  - Rest for 5 minutes without talking prior to getting your reading and sit quietly with your legs uncrossed.

### **Keep in mind:**

In a clinic setting, ensure your providers are using the above strategies for accurate measurement before giving you a diagnosis of high blood pressure. Also, if you do have high blood pressure, consider monitoring it several days a week at different times at home to assist in management.

For home blood pressure monitoring, it's important to be sure that the arm cuff of your monitor is sized correctly for your arm. Most monitors are also available with large cuff sizes; recommended arm measurements listed on the packaging will help you determine what size you need. Wrist and finger monitors are not recommended, however, due to inaccuracy.

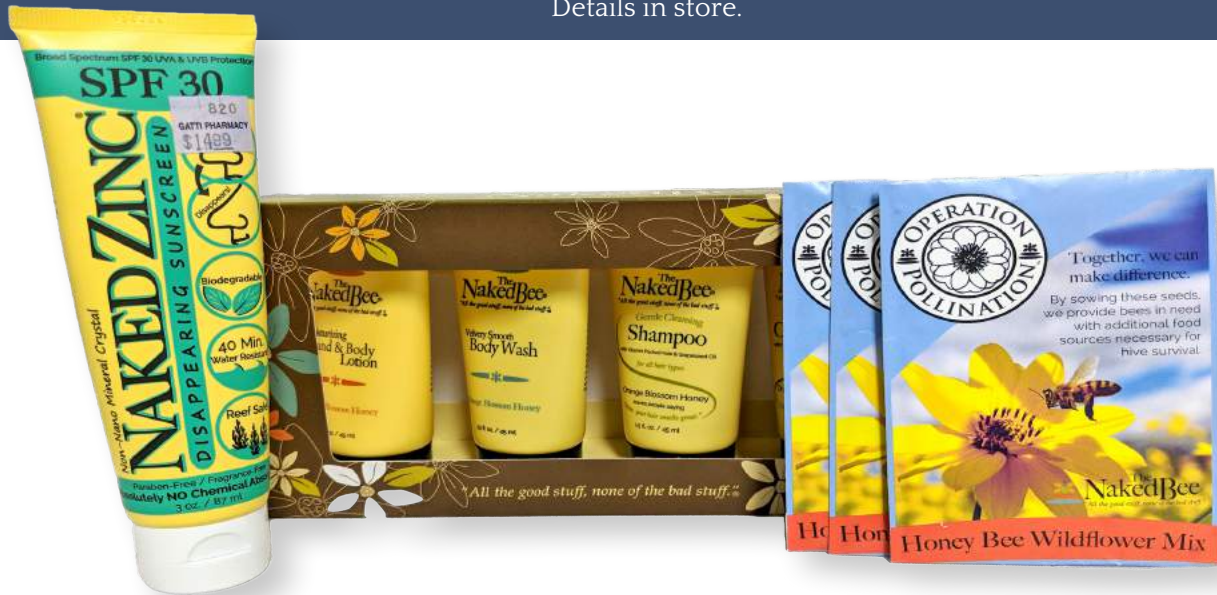
*Talk to us about how we can also assist you in selecting an appropriate blood pressure monitor and teaching you how to use it.*

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## March Promo:

Buy any of our new Naked Bee products and receive one free pack of seeds from Operation Pollination to help save bees. Details in store.



## PHARMACY TIP:



Talk to us about the new shingles vaccine.

There's a new shingles vaccine for people 50 years of age and older. Find out if it's right for you.

## FEATURED GATTI SERVICE:

### *AutoSync Rx*

Have your monthly prescriptions filled at one time and reduce your trips to the pharmacy.

Contact us today to get started with this free service.



## *What's Happening/What's New:*

- **Sale:** 25% off all Easter cards
- Does your little one have a cold? Try our new NoseFrida items like the "Snotsucker" and "Booger Wipes."
- Check out our new spring-themed flavors of tea from the Republic of Tea: Lucky Irish Breakfast, Spring Cherry, and Super Green Brain Boost
- Our selection of Warmies would make a great Easter gift!



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