

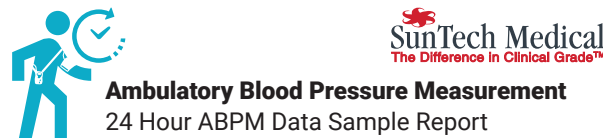


Understanding your results

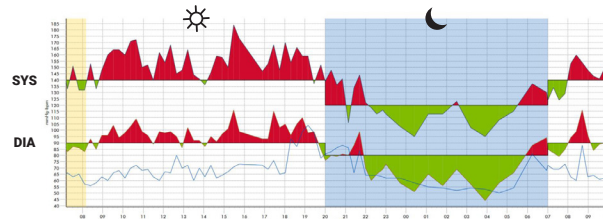
The ABPM study shows how your blood pressure varies throughout the day and night.

Your clinician will share your results and use them to plan your treatment.

Your guide to Ambulatory Blood Pressure Monitoring (ABPM)



Patient Name : Susan Hart
Patient ID : 74642-D
Date of Birth : 3/11/1950
Test Date: 6/9/2015
Gender : Female



Brachial BP Results

Period	Time	Samples	Mean SYS mmHg (± Std. Dev)	Mean DIA mmHg (± Std. Dev)	Mean HR BPM (± Std. Dev)	BP Load Sys (%)	BP Load Dia (%)
Overall	07:11-10:07 (26:56)	78	142 (+/-19.8)	88 (+/-15.3)	69 (+/-11.2)	68	55
Awake Period	07:00-20:00	55	151 (+/-13.3)	95 (+/-8.7)	69 (+/-10.5)	78	69
Asleep Period	20:00-07:00	23	120 (+/-15.8)	71 (+/-14.1)	67 (+/-12.9)	43	22
White Coat Period	07:11-08:10 (1st HR)	5	Max: 151 Mean: 137	Max: 87 Mean: 85	Max: 66 Mean: 63	20	0

Asleep Dip SYS = 20.4% DIA =25.7%

Interpretive Summary

Based upon ESH and AHA recommendations, the ABPM data suggests:

- 24 hour SYS and DIA hypertension (142/88 mmHg)
 - awake SYS and DIA hypertension (151/95 mmHg)
 - asleep SYS and DIA hypertension (120/71 mmHg)
- Asleep dip is 20.4 % SYS and 25.7 % DIA, Dipper (normal).



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About Ambulatory Blood Pressure Monitoring

Profiling your blood pressure

Ambulatory Blood Pressure Monitoring is a method of establishing how your blood pressure varies over the course of the day.

Wearable and convenient

The study lasts 24 hours and uses a small device that you wear on your waist and a cuff on your upper arm.

Proven and accurate

ABPM provides your clinician with an accurate reading of your blood pressure over the course of day and enables them to make the best treatment decisions possible for your health.

About the Oscar 2 ABPM

SunTech ABPMs have been measuring BP for over 30 years and have been used to measure BP everywhere from Everest base camp to orbiting the earth in space.

The Oscar 2 BP cuff uses a patented design to stay in place on the arm and remain comfortable for a 24-hour study.



How does an ABPM study work?

1. Agree to the study with your physician.
2. Decide a convenient time to complete the 24 hour study.
3. Schedule the setup session with the practice.
4. On the scheduled date, a clinician will provide instructions and fit you with the ABPM monitor and cuff.
5. The monitor will inflate approximately every 30 minutes (decided by your clinician) during the day, and every hour during the night.
6. After 24-hours, remove the monitor and cuff and return the monitor to the practice.
7. Your clinician will follow up after the study to discuss your results.