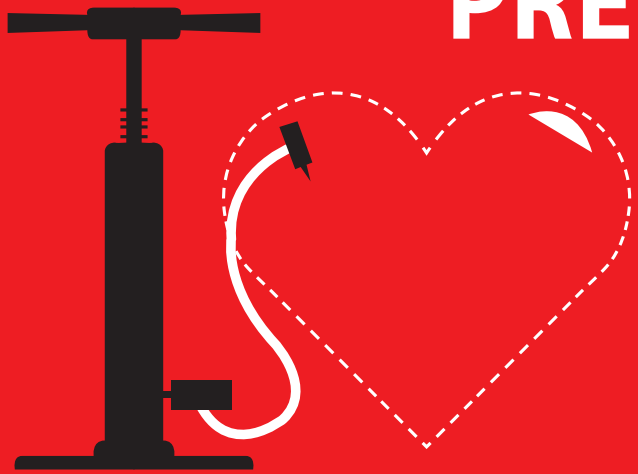
wellion®

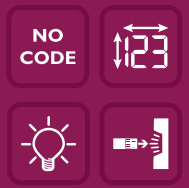
Your AUSTRIAN health brand

HIGH BLOOD PRESSURE GUIDE









- NO CODE
- ADDITIONAL: KETONE MEASUREMENT
- ILLUMINATED TEST STRIP PORT

MED TRUST
THE MEDICAL SERVICES COMPANY

Dear Reader,

Our heart – sized like a fist and 300g of weight.

70ml of blood per beat, 4 litres of blood per minute, 7000 litres of blood per day and 200 million litres of blood during a lifespan of 80 years.

A task continuously performed by our heart without a break or maintenance. No machine in the world can compete with this performance! But what if this motor suddenly stutters?

We acquire knowledge, information and experience throughout life and they help us to cope with the many different situations we may encounter.

In the following pages, we would like to give you some information about hypertension as well as some tipps to prevent high blood pressure.

Best wishes,
Claudia Donath, Astrid Hofmann and YOUR MED TRUST Team

What is high blood pressure?

High blood pressure, also called hypertension, is one of the most frequent chronic diseases. In many cases people suffer at the same time of diabetes or a disorder of the lipid metabolism. A concomitant disorder of the lipid metabolism leads to an additional constriction of the blood vessels causing further deterioration of the blood pressure.

Sneaking up gradually and unnoticed these diseases mean a high risk to your health. Due to a permanent damage of the heart and the vascular system acute events like a heart attack or a stroke can occur. At the same time chronic disorders of other organs can develop.





What´s behind high blood pressure?

In the vascular system of the body a certain pressure is prevailed, which is caused by the contraction of the heart muscle. The heart serves as the “motor” of blood flow which circulates in the body and ensures supply of oxygen and nutrients.

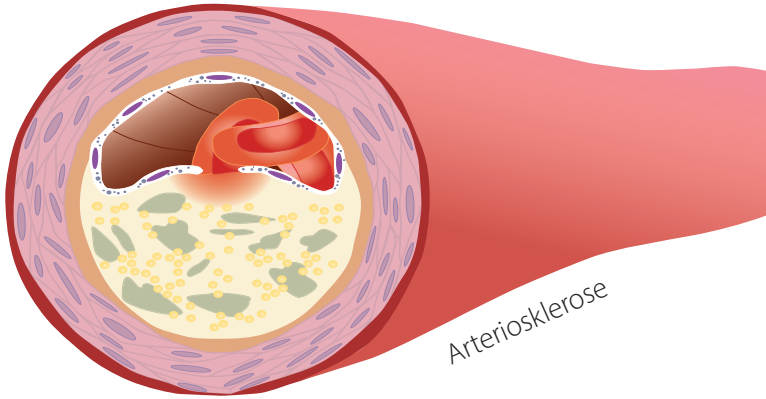
At adults the optimal blood pressure is lower than 120/80mmHg. We are talking about high blood pressure if several measurements show results higher than 140/90mmHg. To diagnose a patient safely and to check an actual therapy it makes sense to perform a 24h blood pressure measurement.

High blood pressure is independent from age and gender. Estimations say that currently one third of the population is affected by high blood pressure.

Why is high blood pressure so dangerous?

If hypertension is poorly treated or undiagnosed the patient will not feel any symptoms over a long period of time.
But at higher age many risk factors like obesity, lack of activity, diabetes and lipid disorders can lead to high blood pressure. These are possible complications:

- Cardiac insufficiency, heart attack
- Stroke
- Circulatory disorders in the legs (arteriosclerosis)
- Damage of blood vessels at the kidneys and the eyes





NO CODE

123

- NO CODE
- LARGE NUMBERS
- EASY TO USE
- EJECT BUTTON

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What are the reasons for high blood pressure – how can I act?

At 95% of the patients no organic cause for high blood pressure can be detected. The disease occurs frequently cumulated in a family. This genetic disposition cannot be changed but will contribute to a negative impact on the blood pressure when combined with unhealthy lifestyle.

The below mentioned points have an important influence on blood pressure and should be considered well:

KG

OBESITY

Try to reach your target weight through a varied and low caloric nutrition. Even a reduction in weight by 5kg will lead to a decrease of blood pressure by 10 (!) mmHg.

If your weight is in the normal range try to keep it also in the future.

LACK OF ACTIVITY

The average daily walking distance is about 800m. Ideal would be walking about 5km or 10.000 steps per day. People with health problems or mostly sedentary work should urgently increase the degree of activity. As an alternative to the gym people could do endurance sports like hiking, running, biking or swimming. Public and private institutions like the health insurance or institutes for physiotherapy offer various options for interested people without a high financial burden.

INCREASED CHOLESTEROL INTAKE AND EXCESSIVE SALT INTAKE

This is what you have to consider for a healthy and balanced nutrition for long-term:

- Reduce fat from animal sources as they are rich in cholesterol (meat paste, entrails, fat meat and bacon).
- Change to high quality oils and fats from organic sources.

wellion
LUNA trio



GLU, CHOL & UA

- EJECT BUTTON
- NO CODE (GLUCOSE)
- ADDITIONAL FUNCTION: CHOLESTEROL AND URIC ACID MEASUREMENT

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- It is recommended to use fat in a modest way for cooking (fried food, vegetables in butter, convenient food like dressings for salads).

- An increase of the intake of fibres, e.g. through whole grain products, has a positive impact on the cholesterol level.

- The daily need in table salt of an adult is aroud 3-5g, in fact we consume the double of this. Sensible persons react with an increase of the blood pressure due to high intake of table salt.



CONSUMPTION OF NICOTINE

Smoking represents one of the most important risk factors for high blood pressure. Nicotine in tobacco is toxic for the blood vessels and triggers the production of stress hormones in the body, like adrenaline.

This leads to a constriction of the blood vessels and to an increase of the blood pressure of about 20 minutes duration. At the same time smoking leads long-term to arteriosclerosis with consequences like circulatory disorders at the heart, in the brain and the arteria of the legs.

EXCESSIVE CONSUMPTION OF ALCOHOL

The consumption per head of alcoholic beverages is clearly too high. As alcohol represents also an important factor at the development of high blood pressure a reduction of alcohol consumption can lower the risk. Moreover alcohol contains a considerable amount of energy.

STRESS

Our stress hormone adrenaline leads to an increase of the heart frequency and as a consequence to higher blood pressure. An exposition to such a situation over time can be the cause of chronic high blood pressure, no matter if it is caused by mental or physical stress. Try to compensate for stress by leisure activities. Programs for coping with stress can be of some assistance for some people.
If the patient suffers also from diabetes it is from utmost importance to keep the blood glucose level in the therapeutic target range in order to avoid an additional damage of the blood vessels through elevated glucose.



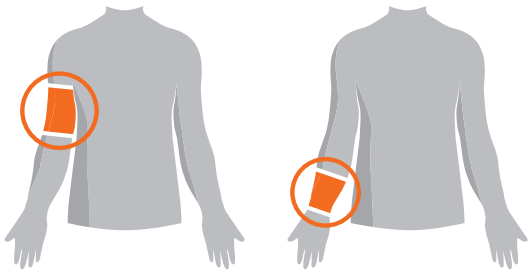
• WITH 10% UREA FOR PARTICULARLY INTENSIVE CARE

• PROTECTION AGAINST DRY SKIN

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The correct way to measure blood pressure

There are usually two types of devices, one to measure at the upper arm and one to measure at the wrist.



Please address a healthcare professional to get proper advice which device is suitable for you.

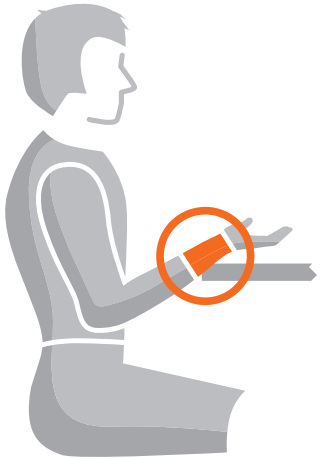
When blood pressure is measured at the doctor´s office the result can be higher due to the stressful situation.

Measurements under homecare conditions are more meaningful and suitable for decisions on the therapy by the physician, given that the device works properly. It is important to keep records of the test results correctly for which a diary can be used easily.
The right size of the arm cuff matters – chose the appropriate size according to the circumference of the upper arm.

A correct measurement should be done after being seated for 3-5 minutes. Only measurements can be compared which have been performed at the same time of the day. The physician is then able to draw conclusions if a medication is effective over time. When changing the medication on blood pressure it might be useful to check blood pressure on a regular base without putting oneself "under pressure". However, you should not measure your blood pressure more than 6 times a day, because it might lead to damage of the blood vessels.

The measurement should always be performed at the same arm and at heart level. You should remove tight-fitting clothes prior (do not roll up the shirtsleeve) to the measurement to avoid wrong results.







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CINNAMON EXTRACT • GINSENG EXTRACT • CHROMIUM • ZINC

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A wide range of drugs – an overview

A variety of active substances are available for the physician treating high blood pressure. In many cases a combination of drugs is necessary to achieve the targeted goal. Please refer below to the list of the most important groups of active substances, which are used to treat high blood pressure:



ACE inhibitors
Inhibit the release of stress hormones



Beta Blockers
Reduce the delivery rate of the heart pump and the heart frequency



Calcium Antagonists
dilate and relax of the blood vessels



Diuretics

Increase the excretion rate of urine and salts through the kidneys and reduce of the blood volume



Angiotensin-receptor-blockers and inhibitors of renine

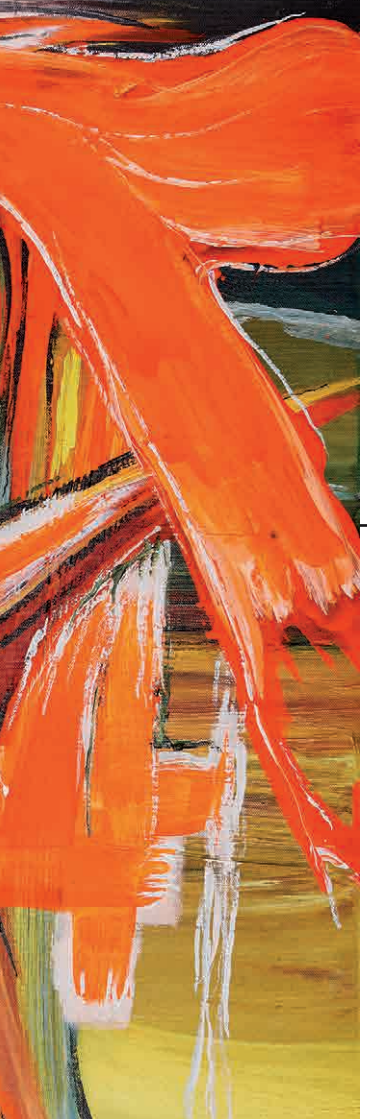
Intervene with the hormonal regulation of blood pressure; inhibit the production of restrictive substances for the blood vessels

Basically some facts are considerable with medication of high blood pressure:

- Take your prescribed medication regularly and according to the advice of your doctor.
- Never change the dose or stop taking a medication without consulting your physician.
- Take your medication every day about the same time.
- Drink some water with the tablets – juice, milk products or coffee are not suitable.
- Discuss with your doctor if you feel a potential side effect or if you cannot tolerate a drug.

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1SHOT


ENERGY SOURCE
WITH
VANILLA FLAVOUR
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Some words at the end

We hope that we were able to inform you in a comprehensive way about the risks of untreated or poor treated high blood pressure and how you can contribute to a successful treatment and consequently to the health of your heart. For further questions please consult for physician.

With the best wishes for the health of your heart,
Claudia Donath, Astrid Hofmann and YOUR MED TRUST Team

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Why check your blood pressure at home?

In the stressful situation of having your blood pressure measured in hospital or at the doctor's surgery, your blood pressure readings may be higher – usually 25 to 30 mmHg higher than when measured at home. Measuring your blood pressure at home is not affected by external factors; it complements the readings taken by your doctor and provides a more accurate overall picture of your blood pressure levels.

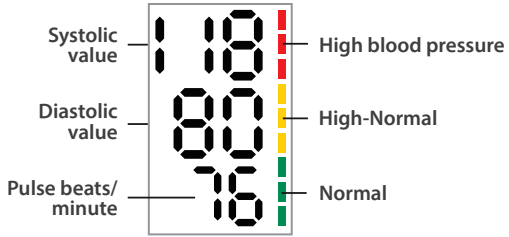


wrist type



upper arm type

WHO classification indicator



wellion® WAVE

WRIST BLOOD PRESSURE MONITOR

CUFF SIZE:
13,5-19,5 CM



Backlit display
with extra-large digits

WHO BLOOD PRESSURE CLASSIFICATION

BACKLIT DISPLAY

LARGE, EASY-TO-READ NUMBERS

IRREGULAR HEARTBEAT DETECTION

wellion® WAVE plus

UPPER ARM BLOOD PRESSURE MONITOR

CUFF SIZE:
22-42 CM



Wellion WAVE blood pressure monitors use the oscillometric method to measure blood pressure. The products comply with the electromagnetic compatibility requirements of EN 60601-1-2 and the safety standards of EN 60601-1, as well as the performance criteria of IEC 80601-2-30, as specified in EEC Directive 93/42/EEC.

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