

Self-Help Scenario

Phoenix ABPM Story

I'm basically a healthy person, but as I grow older, I am concerned that my blood pressure might be too high when I exercise.

I visited a sports clinic and they suggested a continuous monitor. They don't carry them, but they referred me to a clinic that does.

I made an appointment, and, as I expected, they took some preliminary measurements, took my history, and listened to my concern.

They agreed and discussed a continuous blood pressure monitor for me. That sounded much better than trying to do and capture the readings at intervals if I am in a pattern that I don't wish to interrupt every few minutes, and particularly if I am playing a match, such as squash. They also discussed the importance of keeping track of activities and events in a journal or log. They want me to keep track of things outside a "usual" day, such as playing squash, working with weights, jogging, etc., as well as events that happen to me, like accidents, personal conflicts, etc.