

Women's Health

Why You Need To Monitor

(NAPSA)—Learning more about your blood pressure—and learning how to monitor it yourself—could save your life.

The incidence of high blood pressure has increased dramatically among women, but most people who have high blood pressure are not aware of it, which is why it is often referred to as the “silent killer.” High blood pressure is the leading cause of stroke, heart attack and cardiovascular disease. Heart disease is the No. 1 killer of women over 25 years old.



More women may want to monitor their blood pressure to lower their risk of heart disease.

Fortunately, studies show that people who supplement doctor's-office blood pressure readings with home monitoring are much more likely to control their blood pressure.

Today's blood pressure monitors are sleek and stylish. The ReliOn® Blood Pressure Monitor Designed for Women, for example, is eggshell white with raspberry accents and has a heart-shaped cuff holder. A large digital display shows systolic, diastolic and pulse readings after the arm cuff completes its specially designed gentle inflation.

For more information, call (800)726-9855 or visit www.relion.com.