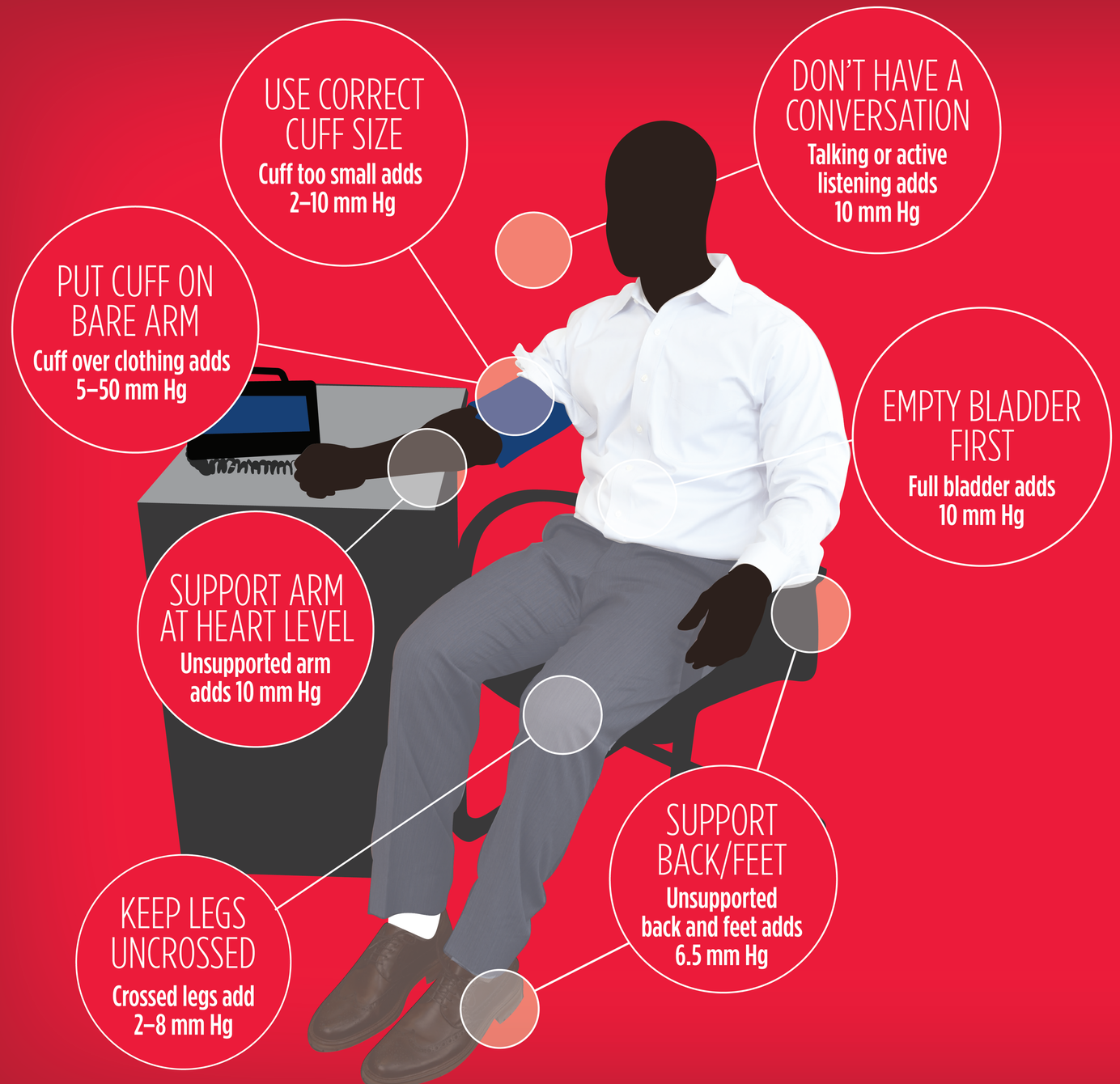

7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING

Common positioning errors can result in inaccurate blood pressure measurement. Figures shown are estimates of how improper positioning can potentially impact blood pressure readings.

Sources:

1. *Pickering. et al.* Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part 1: Blood Pressure Measurement in Humans. *Circulation*. 2005;111: 697-716.
2. *Handler J.* The importance of accurate blood pressure measurement. *The Permanente Journal*/Summer 2009/ Volume 13 No. 3 51

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