



# Tracking the "Now And Then" Hypertensive Requires Monitoring

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**H**ow is your blood pressure? Are you sure? **Actually, the only thing you can be sure about with blood pressure is what it was the last time it was measured (probably in your doctor's office).**

The likelihood of your **blood pressure** being the same **today** as it **was** in your **doctor's office** when **last** you had it taken is not **great**. Yet, it is **that last reading that is used to determine** your treatment program.

### "White Coat" Hypertension

You may be one of those persons whose **blood pressure** is noted to be **elevated** when tested in the **doctor's office** — so-called **"white coat"** hypertension. Yet, repeated medical studies have shown that **blood pressure** may be **20 to 25 percent** higher in the **doctor's office** than at other **times**, and it is anyone's guess as to how many people are **On** needless or inappropriate **treatment** regimens because of the **circumstances**.

**On the other hand**, you may be among the millions of **people** who have borderline hypertension. These people have high **blood**



**predicting** cardiovascular complications of **essential hypertension**.

### Medications May Be Too Strong

Many patients receive **antihypertensive** medications prescribed on the basis of high blood pressure recorded in a clinic or their **doctor's office**. These drugs may be **too strong**, or the **dosage** too high for the **lower** blood pressure maintained at home. These medications have possible side effects. The **patient** may be **Spared from** these potentially serious side effects if more **accurate** prolonged methods of diagnosing blood pressure — such as 24-hour blood pressure monitoring — is **performed** before starting these medications.

### Better Control Possible

For people who are already **On** medication, it is becoming more **and more important** to keep their blood pressure under ideal **control**. A casual blood **pressure** reading in the **doctor's office** does not give you an **accurate picture** Of the control of blood **pressure**. With the **use** of a 24-hour blood **pressure recording**, physicians are **helped to better determine** the drug dosage for an individual. **Also**, by learning at which times of day the blood pressure is **higher** or lower.

**patients can be assigned appropriate times to take medication.**

**Recent studies** have reported that there is a health risk in blood pressure levels **that are below those** now being **treated**, and accurate **measurement** is critical **TO** make **Sure that**

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**The use of a monitoring device may become standard for making hypertension diagnosis in the future.**

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**treatment** is necessary. The **last thing** we want to do is **subject someone to** a lifelong **medication** regimen when it is not needed. The use of a monitoring device may become standard for making hypertension diagnosis in the **future**.

Refinement of this **monitoring** technology is **resulting in lighter and easier-to-wear** devices. These devices are not **available everywhere** as yet, but more and more medical facilities are **adding** them. They are not for use by **everyone**. If you think it **might be appropriate** in your case, consult with your physician or **contact our office**, where there is **state-of-the-art diagnostic testing** available.



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*Cardiac Care Physicians Medical Group  
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pressure for only part of the day, yet are not diagnosed **properly** Or are taking **unnecessary** medication.

### Monitoring Devices

Medical advances in **technology** have now entered this **uncertain state** of affairs with a variety of **monitoring** devices (also called 24-hour blood pressure record). **Hypertension** specialists worldwide agree **that** ambulatory **24-hour** blood pressure monitoring represents the **future** of accurate **diagnosis**, prognosis and **treatment** of hypertensive patients. Ambulatory 24-hour **blood pressure** monitoring was recently shown to be of greater value than checking casual blood pressure values in