

# High Blood Pressure

## INFORMATION GUIDE



Other names:

- Hypertension
- HBP
- HTN

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Brochures, Fact sheets

- American Heart Association:
  - **High Blood Pressure.** An easy-to-understand, tri-fold brochure.
  - **Understanding and Controlling Your High Blood Pressure.** A 24-page brochure.
  - **What is High Blood Pressure?** Available online at: [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300310.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300310.pdf)
- Michigan Medicine  
**What Steps Should I Take When Checking My Blood Pressure at Home?**  
<http://www.med.umich.edu/1libr/CVC/ACSBook/BPatHome.pdf>
- National Heart, Lung and Blood Institute (NHLBI)  
**Your Guide to Lowering Your Blood Pressure with DASH.**  
A 56-page booklet contains a week's worth of sample menus and recipes. Available online at: [https://www.nhlbi.nih.gov/files/docs/public/heart/new\\_dash.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf)

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### Books

- Heller, M. **The DASH Diet Action Plan**. Northbrook, Ill: Amidon Press, 2011.
- Koslo, Jennifer. **The Complete DASH Diet for Beginners**. Berkeley, CA: Rockridge Press, 2017.
- Manger, William. **101 Questions & Answers about Hypertension**. Alameda, CA: Hunter House, 2011.
- Mann, Samuel J. **Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure**. Lanham, MD: Rowan & Littlefield, 2012.
- Rubin, A. L. **High Blood Pressure for Dummies**. New York, NY: Wiley Pub., 2007.
- Rust, Rosanne. **Hypertension Cookbook for Dummies**. Hoboken, NJ: Wiley Pub., 2011.
- Snyder, Mariza. **The Dash Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure**. Berkeley, CA: Ulysses Press, 2012.
- Townsend, Raymond R. **100 Questions & Answers about High Blood Pressure (Hypertension)**. Sudbury, MA: Jones and Bartlett Publishers, 2008.

### Audiovisual Resources

- **American Heart Association High Blood Pressure Videos**  
<https://www.youtube.com/user/americanheartassoc/search?query=high+blood+pressure>  
Includes videos on screening, prevention, diet and general education.

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### Web Resources

- **American Heart Association: High Blood Pressure**

<https://www.heart.org/>

- Click on “**Health Topics**”
- Click on “**High Blood Pressure**”

Detailed information about high blood pressure including prevention, symptoms, treatment, and tools and resources.

- **The National Heart, Lung, and Blood Institute (NHLBI): High Blood Pressure**

<http://www.nhlbi.nih.gov/>

- Under “**Health Topics**” click on “**Health Topics A-Z**”
- Click on “**H**”
- Select “**High Blood Pressure**” from the list

Provides an easy-to-read overview of high blood pressure including causes, symptoms, diagnosis and treatment.

### High Blood Pressure Apps(Applications)

- **Blood Pressure Companion Pro by Maxwell Software**

- Cost: \$0.99
- Features: Measures your Blood Pressure and heart rate. The app can create charts, graphs, and histograms to analyze your progress over time. You can export your data to share with medical professionals. You can also track weight and set reminders.
- For: iPhone, iPad, and Android

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- **Blood Pressure Monitor by Taconic System LLC**
  - Cost: Free
  - Features: Use your iPhone or iPad to track your pulse and other health information. The app graphs your stats to show trends and warn you about unhealthy Blood Pressure. You can export your data to share with medical professionals. The app also lets you set reminders.
  - For: iPhone, iPad
- **Healthy Heart 2 by Ringful LLC**
  - Cost: Free
  - Features: This app is designed for individuals at high risk for heart disease. It monitors blood pressure, pulse, cholesterol, blood glucose, potassium and medications. The data can be shared with healthcare professionals.
  - For: iPhone, iPad
- **iBP by Leading Edge Apps LLC**
  - Cost: \$0.99
  - Features: Lets you record and track your blood pressure over time. You can also monitor one other area, like blood glucose or medication usage. The app syncs to Apple Health and Withings, making Blood Pressure measurement simple. Can export data and share the information with your doctor.
  - For: iPhone and Android
- **My Blood Pressure and Heart Rate by WebPatient LLC**
  - Cost: \$1.99
  - Features: Blood pressure log. You enter your systolic and diastolic pressures as well as other information - which arm was measured and whether you were standing, sitting, or lying down when your pressure was taken. Can view and export charted data.
  - For: Android

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- **Health Mate 3 by Nokia**
  - Cost: Free
  - Features: Tracks blood pressure, weight, activity level and sleep patterns.
  - For: iPhone, iPad and Android

### Michigan Medicine Resources

- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers a number of relevant program and services including:
  - Hypertension Clinic
  - Exercise Consultations
  - Nutrition Services
  - Stress Management ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 888.287.1082
- **Tobacco Consultation Service**  
Group and individual quit-smoking programs.  
For more information access:  
<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu)

### Patient Support Organizations

- **American Heart Association**  
<http://www.heart.org>  
(800) 242-8721

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