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, room 2101 in the Cardiovascular Center. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center

**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.
  - Understanding and Managing High Blood Pressure. Available online at: https://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_461840.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 recalculated using 2005 nutrient content data. Also contains additional information on weight loss and physical activity. This booklet may ordered by phone at 301-592-8573 or 240-629-3255 (TTY). A printer-friendly version available at: http://www.nhlbi.nih.gov/health/resources/heart/hbp-dash-index

**Books**


Audiovisual Resources
• American Society of Hypertension Videos
  http://www.ash-us.org/For-Patients/Patient-Education-Information.aspx
  Includes videos on screening, prevention, diet and general education.

• MedlinePlus video on Hypertension –
  http://www.medlineplus.gov
  → Click on “Videos & Tools”
  → Click on “Health Videos”
  → Click on “Hypertension-overview”
  This short animated video provides an overview of hypertension and describes the causes and complications.
Web Resources

- **American Heart Association**
  
  [https://www.heart.org/](https://www.heart.org/)
  
  → Click on “Conditions”
  
  → Scroll down and click on “High Blood Pressure (HBP)”
  
  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**
  
  
  → Under “Health Topics” click on “See all Health Topics”
  
  → Click on “C”
  
  → Select “Coronary Artery Bypass Grafting” from the list
  
  This section provides an easy-to-read overview of high blood pressure including causes, symptoms, diagnosis and treatment.

- **UpToDate - Patient information overviews**
  
  [http://www.uptodate.com](http://www.uptodate.com)
  
  → In the search box type in “High Blood Pressure”
  
  - **Patient information: High blood pressure in adults**
  
  - **Patient information: High blood pressure emergencies**
  
  - **Patient information: Medicines for High blood pressure**
  
  These detailed, comprehensive overviews are based on a professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of high blood pressure.

**High Blood Pressure Apps (Applications)**

- **Blood Pressure Companion**
  
  - Cost: $0.99
  
  - Features: Blood pressure, heart rate and weight tracker.
  
  - For: iPhone, iPad, and iPod Touch and Android


- **Healthy Heart 2**
  - 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, and iPod Touch

- **HeartWise Blood Pressure Tracker**
  - Cost: $0.99
  - Features: Blood pressure log. You enter your systolic and diastolic pressures as well as your pulse and weight. The app will calculate your average arterial pressure and pulse pressure and generate graphs showing fluctuations in these values over time. Can export data, reports, and spreadsheets by email.
  - For: iPhone, iPad, and iPod Touch.

- **iBP**
  - Cost: $0.99
  - Features: Lets you record and track your blood pressure and share the information with your doctor.
  - For: iPhone and Android

- **My Blood Pressure and Heart Rate**
  - 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

- **Health Mate by Withings**
  - Cost: Free
  - Features: Tracks blood pressure, weight, activity level and sleep patterns. The company also offers a blood pressure cuff that works with the iPhone.
  - Operating System: iPhone, iPad, and iPod Touch.
University of Michigan Resources

- **The Preventive Cardiology program** at Domino’s Farms offers a number of relevant program and services including:
  - Cardiac Rehabilitation Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management Services
  
  For more information access:
  
  [http://www.med.umich.edu/cvc/adult/serpre.htm](http://www.med.umich.edu/cvc/adult/serpre.htm)
  or call: 734.998.7400.

- **Tobacco Treatment Programs**
  
  Group and individual quit-smoking programs.
  
  For more information access:
  
  [http://hr.umich.edu/mhealthy/programs/tobacco/programs.html](http://hr.umich.edu/mhealthy/programs/tobacco/programs.html)
  or call 734.998.6222.

**Patient Support Organizations**

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

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