

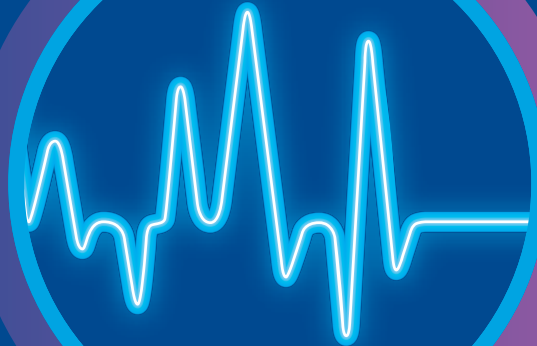
## About dabl® Ltd

dabl® is a leading international supplier of healthcare systems for the prevention and management of high blood pressure, stroke, heart attack and a range of other cardiovascular conditions. All our systems are designed and developed in close collaboration with major international centres of excellence and are now used all over the world. dabl® is an ISO 9001:2000 certified company.

For further information please see [www.dabl.ie](http://www.dabl.ie)



dabl®  
Healthcare Systems



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***Do you know...***  
***how to accurately  
measure your  
blood pressure  
and prevent the...***  
***Silent Killer?***

## What is hypertension and why is it called the silent killer?

According to the latest statistics, about 54% of stroke and 47% of heart disease worldwide are caused by high blood pressure.

High blood pressure is often called the "silent killer" as many people have this condition without knowing it. Some only realise when it is too late – after they have suffered a stroke or a heart attack. Because high blood pressure rarely has any symptoms at all, the only way to tell if you have this condition is to have your blood pressure measured accurately.

## How do I measure my blood pressure accurately?

According to medical research, the one-off blood pressure normally measured in a doctor's surgery or at home can be unreliable. Medical research does show that blood pressure should be measured over 24 hours. This is commonly known as 24-hour Ambulatory Blood Pressure Measurement (ABPM).

## What is 24-hour ABPM?

It is a simple non-invasive investigation. You wear a small device on your waist connected to a cuff on your arm for 24 hours. Measurements are taken every 30 minutes during the day and night. Normal daily activities are not affected.



## What are the advantages of 24-hour ABPM?

There are many advantages of 24-hour ABPM. The most important is the measurement of night-time blood pressure and the identification of white coat hypertension.

Recent medical research highlights the importance of night time blood pressure measurement which can only be done with 24-hour ABPM.

Research indicates that blood pressure taken in a doctor's surgery can show a temporary rise in blood pressure known as White Coat Hypertension. This can lead to a misdiagnosis and in some cases a lifetime of unnecessary medication. By having a 24-hour ABPM, this is avoided.

## I'm young so I don't have high blood pressure

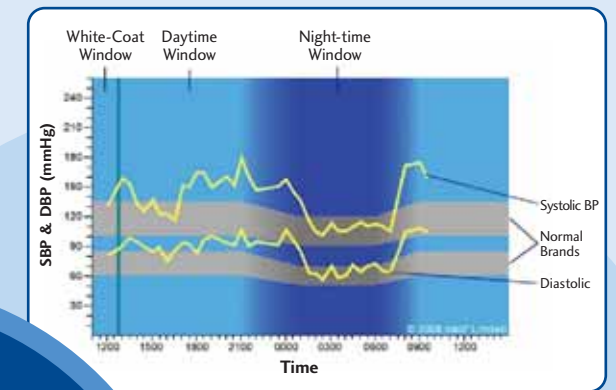
High Blood pressure affects a high percentage of the population both young and old. Particularly if there is a family history of high blood pressure it is important to check it even when you are young. Having a simple 24-hour ABPM investigation done now might save you years of medication or serious illness in the future.

## What next?

You can have this investigation done in your local pharmacy at your convenience.

It's simple. Just talk to the pharmacist and book an appointment to have the monitor fitted. You will return 24-hours later to have the monitor removed and your ABPM report instantly printed.

The report will include a graph of your blood pressure as shown below:



dabi® ABPM plot ©dabi® Ltd

## Do you know about the rule of halves?

**Only 50% of people with high blood pressure are aware that they have the condition. Out of these, only 50% are on treatment; and of those who are on treatment only 50% are being treated effectively. Do you know which half you are in? Find out for certain by having an ABPM done today!**

