



How can you help yourself in the prevention and treatment of elevated blood pressure? ⁽²⁾

- **Quit smoking!**
- **Reduce your body weight!**
- **Reduce alcohol intake!**
- **Reduce salt intake!**
- **Increase your physical activity!**
- **Introduce a balanced diet!**
- **Reduce stress in your daily life!**

Get informed on your blood vessel age, atherosclerosis index and many other characteristics of your heart and blood vessels –

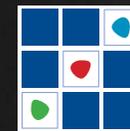
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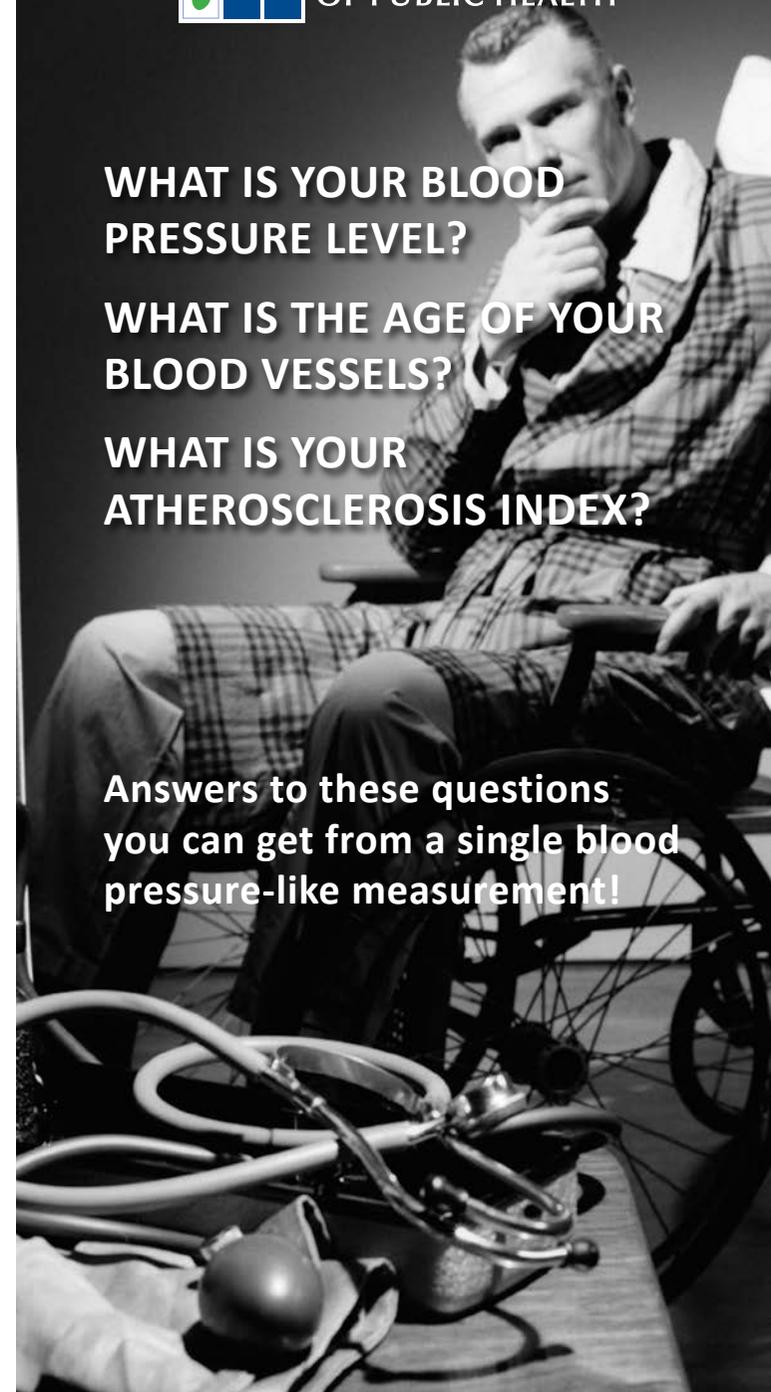
ANDRIJA STAMPAR
TEACHING INSTITUTE
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WHAT IS YOUR BLOOD PRESSURE LEVEL?

WHAT IS THE AGE OF YOUR BLOOD VESSELS?

WHAT IS YOUR ATHEROSCLEROSIS INDEX?

Answers to these questions you can get from a single blood pressure-like measurement!



What is elevated blood pressure and why is continuous follow up so important?

Elevated blood pressure (arterial hypertension) is a state of permanently increased arterial blood pressure above 140/90 mm Hg¹.

The level of blood pressure depends on age, physical activity, stress level, emotional state and time of the day (it is usually higher in the morning than in the evening).

Persons suffering from elevated blood pressure are at a six-fold greater risk of cardiovascular diseases (myocardial infarction and stroke). These diseases cause nearly half of deaths recorded in the Zagreb population³.



References:

1. WHO/ISH 1999-2001 recommendations. Arch Int Med 1997;157:2413-46.
2. Croatian Society for Hypertension, Croatian Society of Cardiology, European Society of Hypertension. Guidelines for diagnosis and treatment of arterial hypertension, 2007.
3. Health Statistics Annals of the City of Zagreb, 2014..

What a device is it?

NEX 400 is not just a sphygmomanometer but an instrument that also measures physiologic characteristics of the arterial and cardiac condition, systolic pressure, diastolic pressure, mean pressure, pulse, and pulse pressure.

Using this device, it is possible to estimate arterial elasticity and arterial age, to determine atherosclerosis index, and to compare actual with ideal body weight.

The measurement is followed by issuing a simple finding describing the vascular pressure relationships by graphic (drawing) and numerical values, which then provide valuable information on various segments of the arterial system.

