

# hypertension



north simcoe  
family health team

helping you be the healthiest you

# hypertension

## program overview

This program was developed to help the primary care providers meet the needs of their patients with hypertension. Patients that come to this program may already be diagnosed with high blood pressure. This program may be used to rule out white coat syndrome, monitor blood pressure or to access 24hr ambulatory blood pressure monitoring. The program follows Evidenced Based Best Practice Guidelines for Hypertension Management.

## what can I expect?

- Discussion about what hypertension and blood pressure is
- Home and Ambulatory Blood Pressure Monitoring
- Blood Pressure monitoring for newly diagnosed patients, stabilized patients, patients needing reassessment, and ruling out white coat syndrome
- Lifestyle and Self-Management Education
- Review of antihypertensive medications

### interested in this program?

call our team to register  
705.526.7804

or visit - [www.nsfht.ca](http://www.nsfht.ca)



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