

# LET'S GET A **DEPENDABLE** READING

ARE YOU or DO YOU HAVE?	If so, YOUR BLOOD PRESSURE WILL INCREASE
	SYSTOLIC (TOP)# / DIASTOLIC (BOTTOM) #
Talking or Listening	<b>+10-15 / 10</b>
Full Bladder	<b>+15 / 10</b>
Cuff Over Clothing	<b>+5-50 /</b>
Cuff Too Small	<b>+10-40 / 2-8</b>
Caffeine, Exercise or Smoking Within 30 Minutes	<b>+6-20 /</b>
Arm, Feet or Back Unsupported	<b>+1-10 / 5-11</b>

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Pickering, T.G., Hall, J.E., Appel, L.J., et al. (2005). Recommendations for blood pressure measurement in humans and experimental animals: Part 1: Blood pressure measurement in humans: A statement for professionals from the subcommittee of professional and public education of the American Heart Association council on high blood pressure research. *Circulation*, 111(5), pp. 697 - 716.

