

ALDERFER & TRAVIS CARDIOLOGY, PC
670 Lawn Ave., Suite 3A Sellersville, PA 18960
Tel (215)257-9500 FAX (215) 257-9500

AMBULATORY BLOOD PRESSURE MONITORING

Blood pressure measurements taken in a doctor's office may or may not be a true representation of a patient's blood pressure. Often patients are nervous in a medical office leading to an elevation of blood pressure. This is commonly referred to as "white coat hypertension". In addition, our blood pressure normally varies over the course of a day and a blood pressure measurement in the office or even at home may not adequately describe that variation.

Ambulatory blood pressure monitoring (ABPM) provides multiple readings over time. The patient wears a blood pressure cuff over a 24 hour period. Blood pressure is taken automatically at intervals over the course of the day and the values are stored for later review by the physician. This methodology may help guide therapy of your blood pressure. To enable automatic blood pressure monitoring, a blood pressure cuff is placed around your upper arm and connected to a device that periodically causes the cuff to inflate then deflate. The blood pressure readings are recorded automatically and are stored in the device along with the time they were taken. When you return the device the readings and times are printed out.

While ABPM is not a cost-effective tool for all hypertensive patients, it can assist in evaluation of such problems as difficult to control hypertension, labile hypertension (episodic hypertension), syncopal episodes (fainting spells) and autonomic dysfunction (a disorder of that part of the nervous system that controls automatic functions). It can also help assess the effectiveness of various medications in controlling your blood pressure.