



WHAT IS THE AIM OF MAY MEASUREMENT MONTH?

MAY MEASUREMENT MONTH FACT SHEET

May Measurement Month is a worldwide public screening initiative to highlight the need for increased awareness around blood pressure

Our aim is to measure as many people's blood pressure as possible and find out just how big the problem is. We will then be able to demonstrate to governments across the world why they need to raise public awareness and provide us all with better blood pressure screening facilities and treatment.

WHY IS IT IMPORTANT?

High blood pressure is a silent killer. It is the No. 1 contributing risk factor for global death causing many cardiovascular complications.

But often people don't even know they have high blood pressure. There are no symptoms and some people only find out they have high blood pressure after they suffer a heart attack or stroke, or are diagnosed with something else, such as heart or kidney disease.

WHO CAN GET INVOLVED?

We are looking for adult volunteers aged 18 years plus who ideally have not had their blood pressure recorded in the past 12 months. But don't worry if you have — you can still take part.

ARE THERE ANY RISKS?

There are no risks to you at all. You can only benefit from being one of our valued volunteers, because you will find out what your blood pressure is and whether you need to do anything about it.

WHAT HAPPENS IF I HAVE HIGH BLOOD PRESSURE?

If your blood pressure could be putting your health at risk, we will advise you to see your healthcare provider as soon as possible. We will also provide you with some information about blood pressure and how you can start managing yours today with some simple lifestyle changes.

A SIMPLE MEASURE TO SAVE LIVES

#checkyourpressure

WHAT HAPPENS AT THE SCREENING?

The whole process only takes 10 to 15 minutes.

- **Permission:** First we will request your consent to take part. We will answer any questions and make sure you understand what is involved.
- **Information:** Then we will record your details anonymously. These will include your country, your town or city, when you last had your blood pressure measured, your gender, whether you are currently taking any blood pressure medication, whether you have diabetes, smoke tobacco, or drink alcohol. We will also ask whether you have ever had a heart attack or stroke.
- **Measure:** This is a simple painless process. We will wrap a blood pressure cuff around your upper arm and ask you to stay seated and still for 5 minutes. We will take and record 3 readings of your systolic and diastolic blood pressure and heart rate.

WHAT HAPPENS TO MY DATA AFTERWARDS?

We will use the data collected to assess and learn more about the problem of high blood pressure. All the data we collect is totally anonymous – we will not record your name or anything else that could identify you as an individual.

WHO IS ORGANISING IT?

This campaign is led by the International Society of Hypertension and endorsed by the World Hypertension League. Together they are working with volunteer health professionals to screen as many adults as possible worldwide between 1-31 May. The screenings are conducted in accordance with all national and international ethics guidelines.

We also have many generous supporters who have made this campaign possible. Please see www.maymeasure.com/our-supporters

HOW CAN I FIND OUT THE RESULTS?

Your own results are limited to the blood pressure readings we take and provide you with at your screening. We will announce our overall findings when analysis is complete.

To keep up to date with May Measurement Month, visit our [website](#) or follow us on [social media](#)



www.maymeasure.com

Thank you for helping save lives