



# NATIONAL PHYSICIAN'S DAY

ASSOCIATION OF PHYSICIAN'S OF INDIA  
MIZORAM STATE CHAPTER



## "FREE CAMP FOR DETECTION OF NON-COMMUNICABLE DISEASE (NCD)"

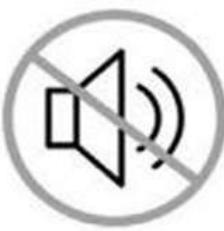
Venue - AIZAWL HOSPITAL AND RESEARCH CENTRE

Date - 23.12.2025

Time - 10:00 AM - 2:30 PM



NO SMOKING,  
CAFFEINE, FOOD,  
EXERCISE 30MIN  
BEFORE



QUIET  
ROOM



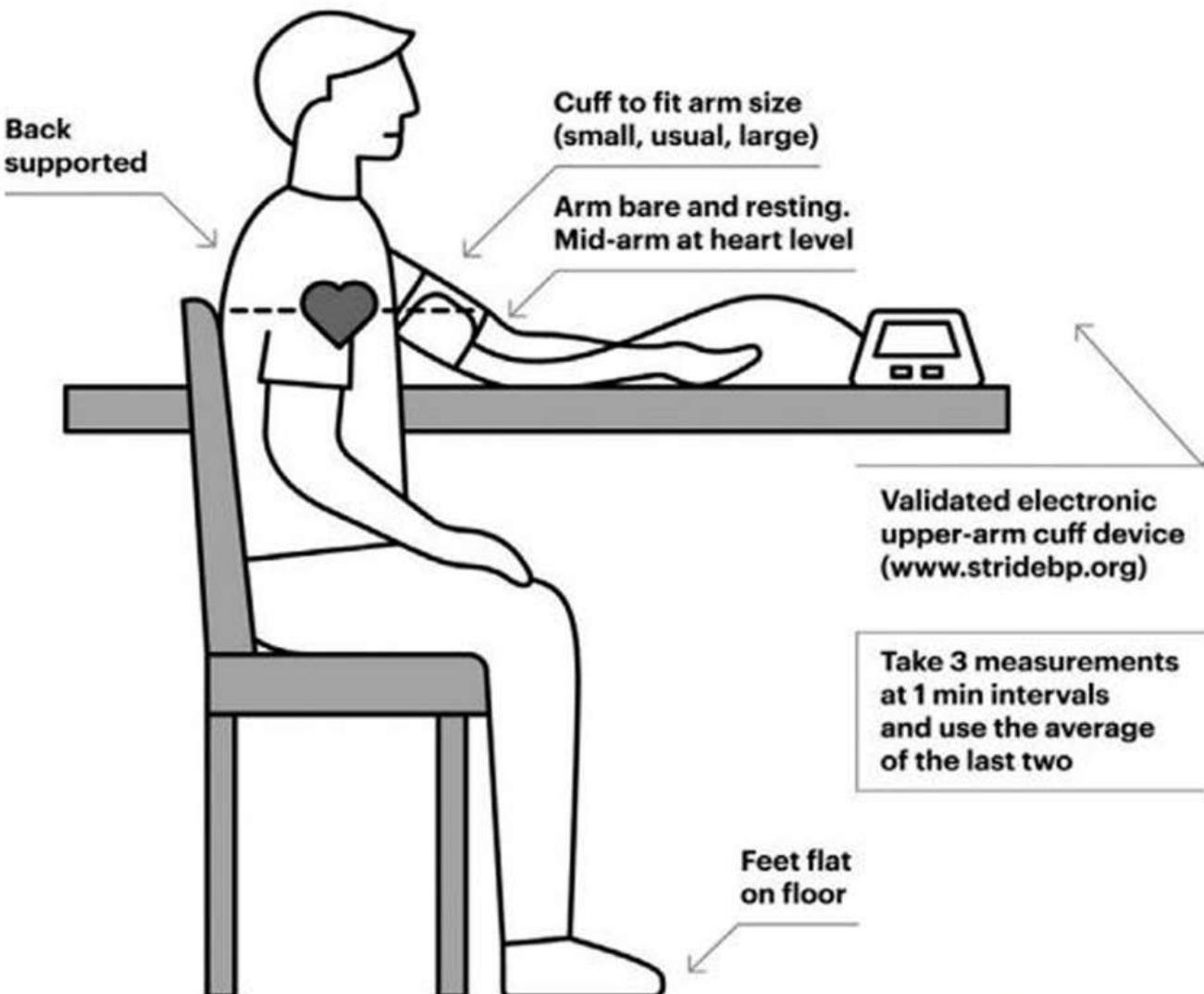
COMFORTABLE  
TEMPERATURE



3-5 MIN  
REST



NO TALKING  
DURING OR  
BETWEEN  
MEASUREMENTS



# Home Blood Pressure Monitoring

## Device and blood pressure cuff

Use a blood pressure device that has been validated for accuracy. Check with your clinician or other members of your care team, and the following website for devices: [www.validatebp.org](http://www.validatebp.org).

Use the correct cuff size matched to the size of your arm.

## Patient preparation

Avoid smoking, caffeinated beverages, or exercise within 30 minutes before blood pressure measurements.

## Positioning of patient and cuff

Place the cuff on a bare arm, and your arm should be supported at heart level.

The bottom of the cuff should be placed directly above the bend of the elbow.

You should relax, and sit in a chair (feet on floor, legs uncrossed, and back supported) for at least 5 minutes.

## Blood pressure measurement

While relaxing and measuring your blood pressure, please do not talk, use your phone, or watch TV.

You should take 2 readings 1 min apart twice a day (for a total of 4 readings): 2 readings in the morning after emptying your bladder (urinating) and before taking your medication and eating; and 2 readings at bedtime before sleep.

Check blood pressure for 3 days (minimum) to 7 days (preferred) before your appointment or interaction with your clinician.

Document your daily blood pressure measurements in writing or electronically.

Share your readings with the clinician taking care of you.