**Instructions for use**

**Arm sphyngomanometer**

**Features**

* One touch easy measurement
* Xx memories
* Easy to read display

**Introduction**

Blood pressure measurements taken with this device are equivalent to those obtained by a trained using armband/stethoscope auscultation method, within the limits prescribed by the EN 1060 standard.

This device is designed for use in adult only.

**Caution**

**Please read manual carefully berfore use. For specific information on your own blood presseure, please contact to your doctor. Keep this manual in a safe place for the future reference.**

**Schematic**

**Measuring technology**

This tensometer uses the oscillometric method and korotkoff sounds method. Firsr off all the unit establish a baseline pressure equivalent to the atmospheric pressure( offset differential pressure), the following step is to inflate de armband.

As it inflates, tensometer begins to measure your pressure oscillations and korotkoff sounds, such a way amplitude and gradient of oscillations have been determined and the korotkoff sound have dissapeared, the unit calculate your pressure by both methods, and will display systolic, diastolic and pulse rate value.

**Preliminary remarks**

This sphyngomanometer complies with European regulations and is CE mark pending. The quality of the unit has been verified and conforms with provisions of european Concil directive 93/42/EEC and its modificaction 2007/47/CE, as well as EMC directive 89/336/EEC:

* UNE-EN 1060-1:1996+A2:2010
* UNE-EN 1060-3:1997+A2:2010
* UNE-EN 1060-4:2005

To ensure accurate measurements, the calibration of the unit should be checked every two years.

**Explantion on arterial blood pressure**

*What is arterial blood pressure?*

Arterial blood pressure is the pressure exerted on the artery as blood flow through it. The pressure measured when heart contracts and pump out blood is the systolic pressure (highest). The pressure mearured when heart dilates and flows back is called diastòlic (lowest) blood pressure.

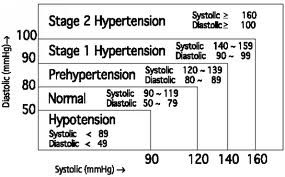
Why measure your blood pressure?

Amongst the various Health problems afflicting modern society, problems linked to high blood pressure are by far the most common. The dangerous relationship between high pressure and heart disesase, characterised by high morbidity, has made necessery to monitor blood pressure in order to identify those at risk.

**Blood pressure Standard**

The world Health Organization (WHO) has established a blood pressure Standard, indentifying risk areas for hypotension (low blood pressure) and hypertension (high blood pressure. This Standard, however, is intented as a general guideline beacause individual blood pressure measurements vary according to populartion, age group, etc.

It is important to consult your doctor reguraly. Your doctor will be able to tell you normal pressure range as well as the point at which you should consider yourself at a risk.



**Blood pressure fluctuation**

**Symbols**

**Power supply**

**Applying the armband**

**Taking a measurement**

**Recall values from memory**

**Helpful tips**

**Troubleshooting**

**Warnings**

**Specifications**