

**Omron 10 series upper arm blood pressure monitor manual**

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(Image credit: Marius Scarlat | Dreamstime) People who have different blood pressure readings in their right versus left arm may be at increased risk for serious heart problems later in life, a new study suggests. Researchers analyzed blood pressure readings from more than 3,300 people ages 40 and older in Massachusetts. The study looked at only the systolic blood pressure, or the "top" number in a blood pressure reading. People whose systolic blood pressure readings differed by 10 millimeters of mercury (mm Hg) or more between their right and left arms were 38 percent more likely to have a cardiovascular problem, such as a heart attack or stroke, over a 13-year period compared with people with smaller differences between their arms. [7 Foods Your Heart Will Hate]The findings held even after the researchers took into account factors that might increase a person's risk of heart problems, such as high blood pressure, high cholesterol and diabetes. The results suggest doctors should consider measuring blood pressure in both arms, the researchers said. Although the American Heart Association recommends that people have their blood pressure measured in both arms at their first visit with a doctor, most have their blood pressure taken in just one arm. "Blood pressure is easily obtained in an office setting, and our findings support recommendations for measurement of blood pressure in both arms," the researchers wrote in the March issue of the American Journal of Medicine. A 2012 study linked a difference in systolic blood pressure between the arms with an increased risk of peripheral artery disease (PAD), a condition that involves a narrowing of the arteries in the extremities. Follow Rachael Rettner @RachaelRettner. Follow Live Science @livescience, Facebook & Google+. Original article on Live Science. Share on Pinterest/Getty Images/MStudioImagesWe include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process. At-home blood pressure monitors can help you monitor your blood pressure accurately without a trip to the hospital or doctor's office, especially if you have a health condition. Omron is one company that makes these monitors. Keep reading to learn about Omron blood pressure monitors. Omron is a Japanese company based in Kyoto, Japan. (The name Omron actually comes from an area of Kyoto called Omuro, where the company began.) Since it was established in 1933 and incorporated in 1948, Omron has focused on automated technology. They are best known for their creation of healthcare products like blood pressure monitors and TENS units. They also offer fitness, EKG, and respiratory trackers. In addition to these products for home use, they offer the same products for medical offices. Omron has created an app to collect, share, and track the data from their devices. GET STARTED WITH Omron On average, Omron blood pressure monitors cost from \$49.99 to \$109.99. Prices vary based on where a monitor is purchased, specific models, their features, and any accessories you wish to add. In general, they are considered competitively priced, and the app is free for any of their compatible blood pressure monitors. Omron states that warranties vary depending on the model you purchase. Based on the life expectancy of the product, warranties on the monitor (not including the cuff) are around 1 to 5 years. Most of the cuffs and accessories have a 1-year warranty. You'll want to double-check the details for the specific monitors you are considering. Because insurance plans vary, Omron encourages buyers to reach out to their insurance provider to determine which (if any) model of home blood pressure would be covered. Even if insurance won't cover your blood pressure monitor, you can use funds from an HSA account toward an Omron blood pressure monitor. Omron offers a wide range of monitors. Here are a few of the most popular and unique ones. Omron 10 Series Wireless Upper Arm Blood Pressure Monitor This monitor takes three readings 1 minute apart and then averages them. It uses multicolored lights to indicate whether readings fall in a normal range. It can connect to the Omron app via Bluetooth and store as many as 200 readings for two users. Shop now at Omron Omron 7 Series Wireless Wrist Blood Pressure Monitor A blood pressure reading is typically most accurate when taken on the upper arm, but there are times when this is not possible or practical. In these cases, a wrist blood pressure monitor can be a useful alternative. This monitor includes a heart zone guidance feature to show when your wrist is at heart level for more precise readings. It travels well and stores up to 100 readings and includes an irregular heart rate indicator. Shop now at Amazon Omron Complete with EKG This machine is one of the few that measures pulse, atrial fibrillation, tachycardia, bradycardia, and sinus rhythm along with blood pressure. The machine also stores unlimited data and comes with a carrying case for travel. One thing to keep in mind is that it's bulkier and more expensive than some of the other Omron monitors. Shop now at Amazon It may be difficult to get an accurate reading at first, so Omron asks people to reach out to their customer support (877-216-1333) for guidance instead of returning the monitor to the store where it was purchased. If you do choose to return your monitor, return policies vary from store to store, so you should check the specific policy for where you make your purchase. If you purchase your blood pressure monitor through the Omron Healthcare website, they will accept returns within 30 days from the original shipping date. However, items must be in their original box and include all packing material. For items purchased through the Omron Healthcare website, shipping and handling fees are non-refundable, and the customer is responsible for the cost of return shipping. Omron currently offers a temporary extended return policy as a result of the COVID-19 pandemic. Right now, customers have 60 days instead of the usual 30 for returns of items purchased through the Omron website. There is also an extended holiday return policy where items purchased from November 15 to December 31 can be returned until January 31 of the following year. If you want to return an order to Omron, you should first contact them by phone or email to start the process. Omron will give you a Return Merchandise Authorization (RMA) number to include with the return package as well as the proper address to send it to. You should expect to see the return credit on your card 4 to 6 weeks after Omron receives the returned package. For auto-renew items or those with a subscription, canceling will impact future renewals or subscriptions, but the current subscription will run its full course regardless. The Better Business Bureau (BBB) rated Omron an A+. Based on 11 customer reviews left on the BBB site, Omron has an average score of just 1 out of 5 stars. Similarly, the handful of customer reviews for Omron on Trustpilot are not outstanding. The company is rated "poor" based on 13 reviews, with an average of 2.2 stars. Of those who wrote reviews, the biggest complaints tended to be around customer service. Reviews of the actual product were generally favorable with the exception of some people who did not appreciate the app. Use the manual that comes with your monitor to set the time and date properly. (Otherwise, it won't store your results accurately.) If multiple users are logging blood pressures with the same machine, you'll also want to set that up in advance. Make sure the air plug is securely inserted in the main unit. Find a comfortable location and sit with your feet flat on the floor. You'll want to be able to rest your cuffed arm on a surface at heart level. Turn your hand with your palm facing up. Then, apply the cuff so the blue stripe is on the inside of your arm aligned with your middle finger. The air tube should run down the inside of your arm, and the bottom of the cuff should be approximately 1/2 inch above your elbow. Press the start button on the monitor. Watch the screen for results to flash. You'll want to record this information. Thanks to the technology from companies like Omron, it's possible to get an accurate at-home check on your blood pressure outside a doctor's office. You can then pass this information along to your doctor to ensure you get the best possible care. Get started with Omron Interested in trying Omron? We can help! Find the model that's best for you to start monitoring your health today. Shop now Filter alphabetically: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z Typically when you get your blood pressure taken, you only stick out one arm. Better roll up both sleeves: Differences between BP measurements in each arm could signal serious heart issues, suggests new research from England. In the study, people whose systolic blood pressure—the top number in your BP reading—differed by 5 to 10 millimeters of mercury (mmHg) from one arm to the other were almost twice as likely to die from a heart-related disease than those whose readings were more equal. Related: The Better Man Project from Men's Health—2,000+ Awesome Tips on How to Live Your Healthiest Life A slight fluctuation below 5 mmHg is normal, and can be explained by asymmetrical differences in your muscles and tissue in each arm, says lead study author Christopher Clark, Ph.D. But larger differences in the readings—like the 5 to 10 mmHg discrepancy in the study—can point to more serious issues. Related: What Your Blood Pressure Numbers Really Mean One such condition is stenosis, or the narrowing of a large artery. This could lead to a lower blood pressure reading from the arm on the side with the narrowed artery, says Clark. "This kind of narrowing can indicate more widespread arterial disease, which we know can lead to heart attacks, strokes, and death," he says. Related: 6 Guys Who Suffered Heart Attacks Tell You What It Really Feels Like High blood pressure can also cause your arteries to stiffen, often before any other markers of disease become apparent. This could affect your blood pressure in the arm on the side with the stiffened artery, which makes your heart work harder to pump blood—leaving you at risk for angina, stroke, and heart attack. (Find out The Scary Symptoms Of a Silent Heart Attack.) At your next checkup, have your doctor check both of your arms simultaneously. If your systolic pressures differ by more than 5mmHg, ask for a second reading after 1 minute to see if it persists. If that difference remains even after a second reading, your doctor might move on with other testing. Related: 6 Essential Blood Tests You Should Have This may include things like blood tests, urine tests, and EKGs, to rule out conditions like diabetes and kidney problems.







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