

# What criteria to evaluate a good blood pressure monitor?

To choose to buy a good blood pressure monitor, there are many criteria. The following article will help you better understand the basic criteria to choose the right blood pressure monitor.

High blood pressure is one of the most dangerous cardiovascular syndromes. However, for a long time, there are almost no obvious symptoms, so it is necessary to monitor your blood pressure regularly with a blood pressure monitor.

To choose to buy a good blood pressure monitor, there are many criteria. The following article will help you better understand the basic criteria to choose the right blood pressure monitor.



## I. Basic concepts about blood pressure monitors

### 1. What is a blood pressure monitor?

Sphygmomanometer, known in English as Sphygmomanometer, is also called a blood pressure meter. This is a device widely used in medical facilities in general or hospitals in particular. In addition, it is also used quite popularly in households with the main function of measuring blood pressure, monitoring the health of each individual.

### 2. Structure and principle of operation of blood pressure monitor

Sphygmomanometer (unit of measurement: mmHg) is made up of 3 important parts including: 1 gas pump, airbag and pressure gauge.

The blood pressure monitor is also relatively simple. First, the user will use an air bag to cover your arm and pump room to a pressure level that can hinder the flow of blood through the arm.

Next, they will release the pressure in the airbag and this pressure on the arteries will gradually decrease gradually. Then the blood pressure meter will use the stethoscope to hear the artery at the armrest immediately, the pressure measured at the first hearing (or the highest blood pressure) is called systolic blood pressure, while the pressure is A reduced airbag to the stopping circuit (or the lowest blood pressure level) is called diastolic pressure.



### 3. How to classify blood pressure monitors

Blood pressure monitor has many different types including:

1. Mechanical blood pressure monitor
2. Electronic blood pressure monitor
3. Automatic blood pressure monitor
4. Blood pressure monitor

Each line of blood pressure monitors will have different characteristics. To choose the right product, you should also have the basic knowledge of these blood pressure monitors.

#### a. Mechanical blood pressure monitor

This type of device appears for a long time and is used by hospital staff to measure heart rate. This type is rarely used in households because it is difficult to use if you have no expertise.

#### Advantages:

1. Extremely good resistance to impact.
2. Relatively high accuracy.
3. The price is quite cheap and affordable.

**Disadvantages:** You must have specialized skills to be able to use well.

### **b. Electronic blood pressure monitor**

This machine has a very modern design, using the method of measuring the fluctuation of blood pressure with an electric induction circuit.

**Advantages:**

1. Rugged design with block design.
2. Easy to use, less error during use.

**Disadvantages:** Good impact resistance, easy to break.

### **c. Automatic blood pressure monitor**

**Advantages:**

1. Simple, easy to use.
2. Low price.

**Disadvantages:** Accuracy is often about 5 mmHg.

Automatic sphygmomanometer is divided into two categories: Wrist Automatic Blood Pressure Monitor and Automatic Biceps Blood Pressure Monitor.

1. The automatic wrist blood meter has the advantage of a rather compact size that you can easily carry with you.
2. Automatic arm blood pressure monitor for high accuracy, using many different positions on the body, suitable for use at home.

## **II. Criteria to consider when choosing a blood pressure monitor**

### **1. Demand for use**

Depending on your age, you can decide on which device to choose.

1. For young people (aged under 50): Often active people who have a stable cardiovascular system, they will be suitable for electronic blood pressure measuring machines.
2. For older people (over the age of 50): At this age the cardiovascular system will be weak, often electronic blood pressure monitors measured in the upper arm will give more accurate results in other locations. .

### **2. Famous and reputable brand**

Due to the frequency of daily use, high accuracy and durability required, buyers should choose a blood pressure monitor from reputable and reputable brands. One of the many blood pressure brands chosen by consumers is Omron.

Omron blood pressure monitor is the only brand recommended by the "Vietnam Society of Cardiology". The device is used in the national hypertension program. Omron's products are free of chemicals in accordance with the European Union's 'Restriction on the Use of RoHs'. Therefore, you can feel secure when using.



### 3. Price

Compared to other product lines, blood pressure monitors have a more stable price, ranging from a few hundred thousand to a few million, some blood lines of Berurer often cost more.

But the most popular and popular is the models with the price from 500,000 VND - 1 million VND. These models both guarantee to meet the needs and ensure affordable prices.

### 4. Warranty

Besides quality and origin, when choosing a machine, you should also pay attention to warranty. Usually, blood pressure monitors have a warranty period of 12 months. However, some special cases such as Omron products have a warranty of up to 3 years. Users who buy products can safely use them for 3 years.

## III. Top most used blood pressure monitors today

### 1. HEM-8712 biceps blood pressure monitor - Reference price: VND 690,000

Omron Hem-8712 is the best arm blood pressure monitor series from Omron brand with low price and special for high accurate measurement results, very suitable for every family.

The Hem-8712 is compact and convenient to carry around using the 1.5V AA battery. Moreover, the simple and user-friendly configuration for everyone will help you use the device easily.

The product is equipped with a wide screen, the numbers are clearly displayed. The display shows the full results of the maximum, minimum blood pressure and heart rate measurements.

Picture 4 of What criteria to evaluate a good blood pressure monitor?

**Specifications:**

1. Warranty: 5 years
2. Brand: Japan
3. Accuracy: Blood pressure ( $\pm 3\text{mmHg}$ ); Heart rate ( $\pm 5\%$ )
4. Product weight: 250g

**2. Omron HEM-7121 Hand Blood Pressure Monitor - Reference price: VND 890,000**

It uses the new Intellisense technology, automatic measurement, high accuracy results, correct cuff indicator lights, human movement error and abnormal heart rate when measuring.

Omron HEM-7121 has the symbol of high blood pressure displayed after measuring process to help patients know blood pressure level and take medicine promptly.

With memory storage of up to 30 measurements, Omron HEM-7121 blood pressure monitor helps you easily compare the results of different measurements to know your blood pressure situation and make timely adjustments in the regime. eating, resting and exercising.



**Specifications:**

1. Warranty: 5 years
2. Brand: Japan
3. Product weight: 250g
4. Memory: 30 measurement results

**3. Microlife AG1-20 muscle sphygmomanometer - Reference price: VND 280,000**

Microlife AG1-20 is a high-quality blood pressure measuring kit for doctors, nurses that check blood pressure for patients or can be used in families. The product has passed clinical testing according to BHS standards, helping you and your family feel secure when using.

Microlife AG1-20 sphygmomanometer in addition to blood pressure measurement is the main use, is also equipped with a pulse measurement function, an extremely effective health monitoring tool, to help provide more comprehensive care for your health. your family.

Product with smart design, easy to use and user-friendly, makes it easy to manipulate and convenient for regular blood pressure monitoring. In addition, the machine is highly accurate, is a medical device recommended for all families.



### Specifications:

1. Warranty: 24 months
2. Brand: Switzerland
3. Temperature: 0 - 48 degrees Celsius
4. Product weight: 450g

With this article, hope you will have more useful information to choose the best blood pressure monitor. To buy genuine, quality products, you can contact the hotline number below for best advice and support:

1. In Hanoi: 024.35.68.69.69
2. In HCMC: 028.38.33.33.66

You finished reading the article "**What criteria to evaluate a good blood pressure monitor?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.