

## ***Ambulatory Blood Pressure (ABP)***

BP recorded in the physician's office is often falsely elevated. This is called "white coat hypertension". In order to accurately assess true BP, ABP (ambulatory blood pressure) device records BP frequently over a 24-hour period. Like a Holter monitor, you wear the device home. A BP cuff is attached to a control and recording device. The 24-hour BP recording is then printed out and analyzed by your physician to confirm the presence or absence of hypertension. Another way to monitor the BP is home BP self-monitoring using an automated or semi-automated device and recording the BP yourself, at rest, several times a day.

