

Instruction Manual

Automatic Digital Blood Pressure Monitor

Wrist Measuring
Automatic Model

CH605

English



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▶ Blood Pressure Monitor Intended Use:

Measures human beings Systolic, Diastolic blood pressure and heart rate using the oscillometric method. All values can be read out in one LCD DISPLAY. Measurement position is at human being's wrist.

1. What is blood pressure ?

Blood pressure is a measurement of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the cardiac cycle. The highest pressure in the cycle is called the systolic blood pressure, the lowest is the diastolic blood pressure. Both pressure readings, the systolic and the diastolic are necessary to enable a physician to evaluate the status of a patient's blood pressure. Many factors such as physical activity, anxiety or the time of day, can influence your blood pressure. Blood pressure is typically low in the morning and increases from the afternoon to the evening. It is lower in the summer and higher in the winter.

2. Why is it useful to measure blood pressure at home ?

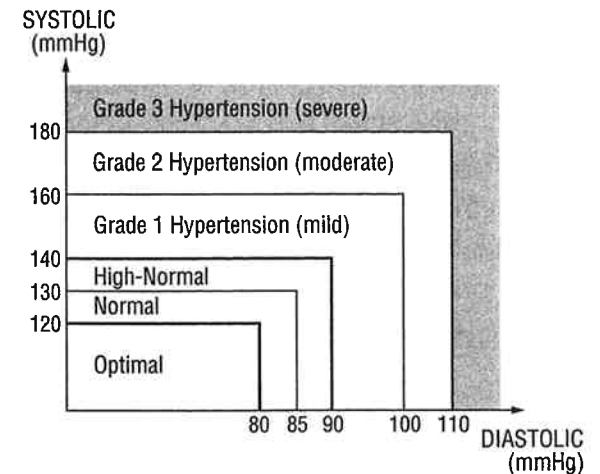
Having one's blood pressure measured by a doctor in a hospital or a clinic, and a group health checks, tend to stimulate nervousness in the subject and may even create high blood pressure. Also varies blood pressure in accordance with a variety of conditions and so judgment is not possible on the basis of a single measurement.

The blood pressure measured first thing in the morning after getting up, before taking any food and with the subject still, is known as the fundamental blood pressure. In practice it is rather difficult to record the fundamental blood pressure, but to come

as near as possible to measuring the blood pressure in an environment that is close to this, is why it is useful to take the measurement at home.

A. WHO blood pressure classifications

Standards for assessment of high or low blood pressure without regard to age, have been established by the World Health Organization (WHO), as shown in the chart.



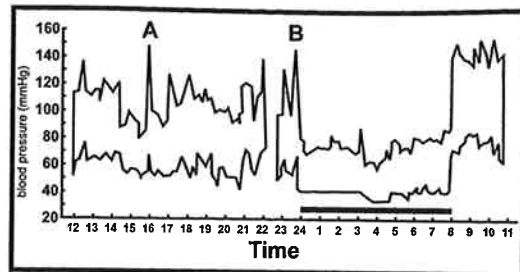
* Figure No.1

B. Variations in blood pressure

Individual blood pressures vary greatly both on a daily and a seasonal basis. These variations are even more pronounced in hypertense patients. Normally the blood pressure rises while at work and is at its lowest during sleeping period.

(hypertense: means a person who has high blood pressure symptom.)

The graph below illustrated the variations in blood pressure over a whole day with measurement taken every five minutes.



* Figure No.2

The thick line represents sleep. The rise in blood pressure at 4 PM (A in the graph) and 12 PM (B in the graph) correspond to an attack of pain.

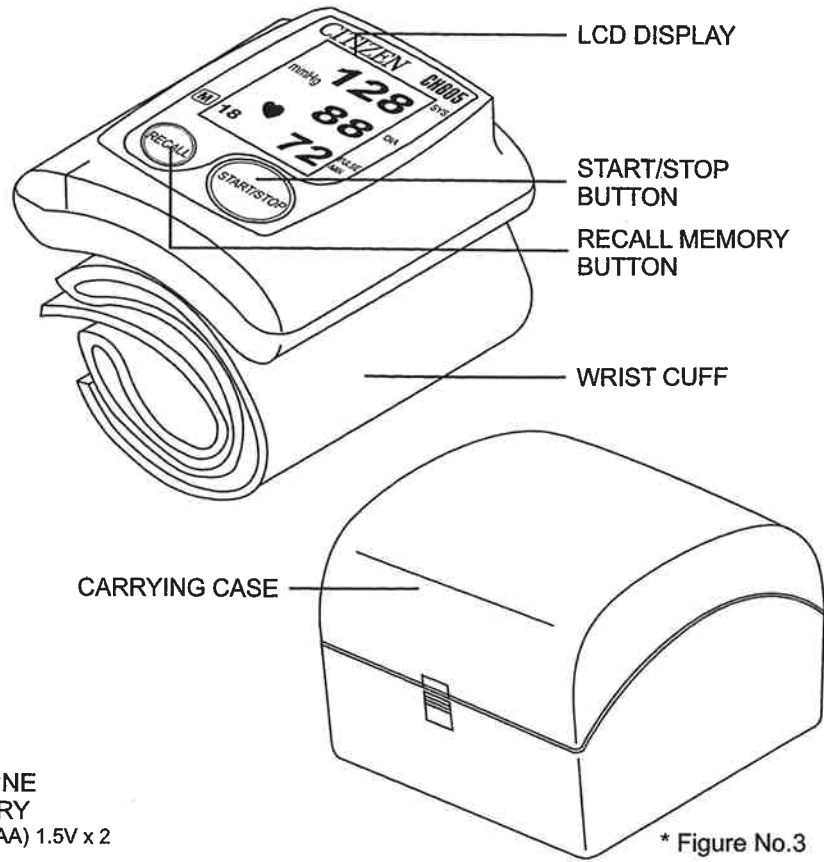
3. Important information before use of the unit

- ⊙ Blood pressure measurements should be interpreted by a physician or trained health professional who is familiar with your medical history. By using the unit regularly and recording the results for your physician to interpret, you keep your physician informed of the continuing trends in your blood pressure.
- ⊙ Wind the cuff snugly around your wrist and the cuff must be at the same level as your heart.
- ⊙ Do not vibrate the unit during measurement, or the proper measurement will not be achieved.
- ⊙ Perform measurement quietly in a relaxed position.
- ⊙ Do not wind the cuff over jacket or sweater sleeve, or measurement cannot be done.

- ⊙ Keep in mind, that blood pressure naturally varies from time to time through out the day and also is affected by lots of different factors such as smoking, alcohol consumption, medication and physical activity.
- ⊙ People with a condition that causes circulatory problems (diabetes, kidney disease, arteriosclerosis or poor peripheral circulation) may get lower readings with this monitor that with a blood pressure monitor that is used on the upper arm. Please consult your physician to determine if your wrist blood pressure accurately reflects your actual blood pressure.
- ⊙ Blood pressure measurement determine with the unit are equivalent to those obtained by a trained observer using the cuff / stethoscope auscultation method. Within the limits prescribed by the American National Standard for Electronic or Automated Sphygmomanometers.

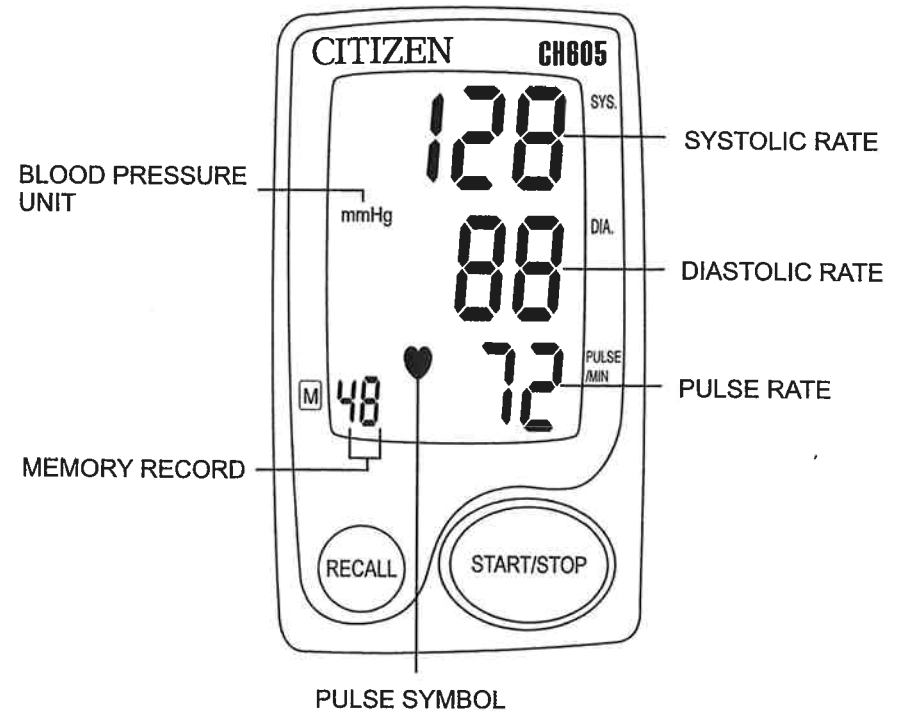
4. Device description:

A. Name of the parts



◀ 6 ▶

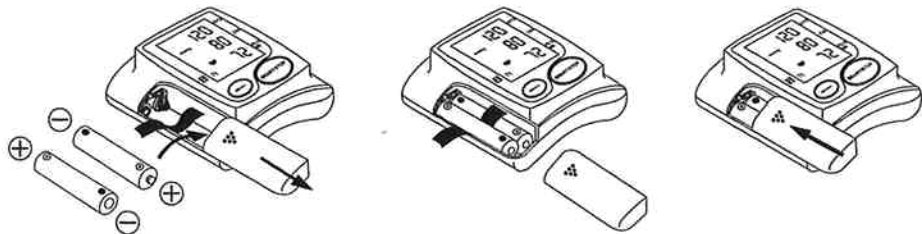
B. Description of display symbols



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5. Changing batteries

Remove the battery cover at the lower side of the unit and insert batteries into the battery compartment as shown, taking extreme care that the polarities + and - are observed.



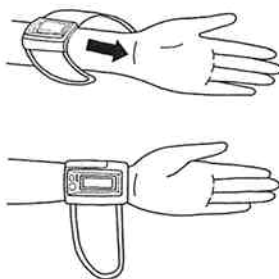
* Figure No.4

6. Attaching pressure cuff

A. Wrap the pressure cuff around the wrist.

a. the display of the unit should be placed on the palm side of the wrist.

b. the wrist should be bare.

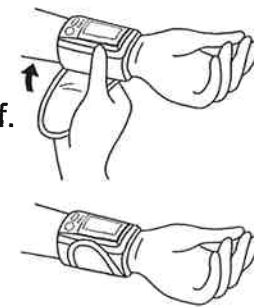


* Figure No.5

B. Fasten the pressure cuff snugly.

a. do not pull strongly on the pressure cuff.

b. do not make the pressure cuff too tight.



* Figure No.5-1

7. Correct measurement position

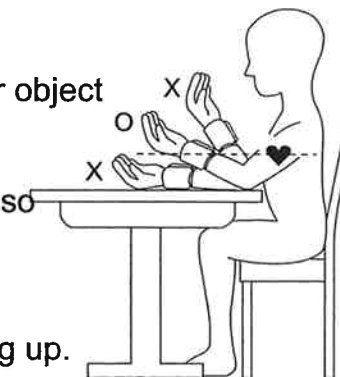
It is extremely important for the measured values, that the cuff is at the same height of the heart. Higher or deeper position will give deviations from the true value.

Measurement while sitting down:

a. Place your elbow on a table or other object (such as our carry case).

b. Use the armrest to position the arm so that the pressure cuff is at the same height as the heart.

c. Relax your hand with the palm facing up.



* Figure No.6