Generation GUARD

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WRIST BLOOD PRESSURE MONITOR

Generation GUARD

Instruction Manual

MODEL: GM –500W

FDA CE

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INTRODUCTION

The Monitor uses the oscillometric method of blood pressure measurement.

Measurement Automatic Electronic Blood Pressure Monitor is intended for use by medical professionals or at home to monitor and display diastolic, systolic blood pressure and pulse rate, with an air wrist cuff buckled around one's wrist according to the instructions in the " ATTACHING THE WRIST CUFF." The expected life of the product is 5 years.

The product complies with the electromagnetic compatibility requirement of EN60601-1-2 and safety standards of EN60601-1 and performance of IEC 80601-2-30 as stated in EC directive 93/42/EEC.

NOTES ON SAFETY

* The warning signs and sample icons shown here are listed for your safe and correct use of the unit, so as to prevent injuries or damages to the device.
* The icons and meanings are as follow.

Examples of signs

The ⊘ icon indicates prohibitions (what you should not do). Matters involving actual prohibitions are indicated by text or pictures in or near⊘. The left icon refers to "general prohibition".

The ❗ icon indicates something that is compulsory (what must always be observed).
Matters involving actual compulsory actions are indicated by text or pictures in or near ❗. The left icon refers to "general compulsion".

The ⚠ icon indicates something can be disassembled or "Dot" disassembled. Matters involving actual disassembly are indicated by text or pictures in or near ⚠. The left icon refers to" general prohibition".

Type BF Applied part

Warning of electrical and electronic equipment marked with the symbol, 15DD of directive 2002/96/EC (WEEE)

Attention and read before use

Patient must follow doctor's instruction and should not perform self-judgment and self-treatment by the measuring result.

⚠ Doctor should explain the results and treatment to the patient.

The device should not be used to judge illness, first aid and continuously monitor measuring.

This device can not be used for Patient pacemaker and surgical care .It can be used in household or fixed places only.

Do not use the device in the bath room or when you feel uncomfortable with the wrist, or if the air is inflating abnormally without stop.

Do not let a child below 12 years old and the people who can't express oneself by intention, infirm or mental disorder to use the device alone. If, it should accompanied by the Adult. May cause accident or trouble.

Do not use the unit for purpose other than measuring blood pressure. May cause accident or trouble.

Please do not use mobile phone around the device. Please do not use the device around the magnetic field.

Do not disassemble, repair, or remodel the main unit or the wrist cuff of the blood pressure monitor.
Will cause the unit to function erroneously.

Requests from Manufacturer

Make sure there is no connection tubing before start measuring to avoid any injury to patients.

For any patient, do not measure more than 3 times continuously. It should be at least above 5 minutes of interval rest between any two measurements, otherwise will cause extravasated blood.

Do not measure your blood pressure over 6 times each day.

Do not apply the cuff over a wound as this can cause further injury.

Do measure on the wrist which is on the side of a mastectomy, otherwise it could cause injury.

Observe the pressure value from the LCD display.

When measuring, it could not exceed 299 mmHg, otherwise Please press button to release air.

Do not use force to bend the wrist cuff or the air tube.

Do not knock or drop the main unit.

Always use the specified accessories in the manual, the use of other parts not approved by the manufacturer may cause faults or injuries.

For service information, parts list etc., please contact the dealer.

ABOUT BLOOD PRESSURE

1. What is blood pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands.

Blood pressure is measured in millimeters of mercury (mmHg). One's natural blood pressure is represented by the fundamental pulse, which is measured first thing in the morning while one is still at rest and before eating.

2. What is hypertension and how is it controlled?

Hypertension is a condition of elevated blood pressure, if left unattended, can cause many health problems including stroke and heart attack. Hypertension can be controlled by adopting lifestyle, avoiding stress and with medication under a doctor's supervision.
To prevent hypertension or keep it under control:

- Do not smoke
- Exercise regularly
- Reduce salt and fat intake
- Have regular physical checkups
- Maintain proper weight

3. Why measure blood pressure at home?

Blood pressure readings taken in a doctor's office may cause apprehension and produce an elevated reading. 25 to 30% is higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

4. WHO blood pressure classification

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

Reference Material: Journal of Hypertension 1999, vol 17 No.2

Systolic	Diastolic	
≥180	≥110	Grade 3 hypertension (severe)
160 – 179.9	100 – 109	Grade 2 hypertension (moderate)
140 – 159.9	90 – 99	Grade 1 hypertension (mild)
130 – 139	85 – 89	High normal
120 – 129	80 – 84	Normal
< 120	< 80	Optimal

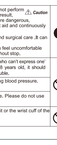
Systolic blood pressure

Diastolic blood pressure

5. Blood pressure variations

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals, variations are even more pronounced.
Normally, the blood pressure rises while at work or play and falls to its lowest levels during sleep. We do not be overly concerned by the results of one measurement.
Take measurements at the same time every day using the procedure described in this manual, and know your normal blood pressure. Many readings give a more comprehensive blood pressure history.
Be sure to note date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.

Typical fluctuation within a day (Measured every five minutes)


mmHg
160
140
120
100
80
Hypertension
Hypertension
Normal
Hypertension
Hypertension
Hypertension