



# OMRON BLOOD PRESSURE MONITOR

MODEL : HEM-7120



Home Blood Pressure Monitoring



Portable - Use Batteries AA x 4's

## Why You Need to Measure Your Blood Pressure ?

Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.



Classification*	Systolic (mmHg)		Diastolic (mmHg)
Optimal	<120	and	<80
Normal	★ 120-129	and/or	★ 80-84
At Risk	130-139	and/or	85-89
<b>Hypertension</b>			
Stage 1 (Mild)	140-159	and/or	90-99
Stage 2 (Moderate)	160-179	and/or	100-109
Stage 3 (Severe)	≥180	and/or	≥110
Isolated Systolic Hypertension	≥140	and	<90

Reference: CPG - Management of Hypertension (5th Edition)

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## AEROCHAMBER PEADS WITH FLOW VU (ORIGINAL)

✓ Inhalation device for pediatric use with metered-dose inhalers (MDI)

✓ Use of a spacer is a simple and effective way to help improve the use of your inhaler

✓ To ensure your medicine is delivered where it is needed

✓ The **FLOW-VU** Inhalation Indicator gives caregivers visual assurance of correct use and medication delivery.



### Apa itu MDI dengan Aerochamber?

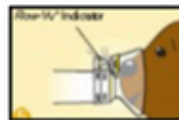
Sejenis ubat sedut dalam bentuk semburan yang digunakan bersama dengan corong Aerochamber

### Cara Penggunaan MDI dengan Aerochamber

1. Buka penutup. **Goncang** ubat sedut 5 kali untuk memastikan kandungan adalah sekata. Pasangkan ubat sedut ke pada corong.



2. Letakkan bahagian topeng pada muka dan pastikan ianya rapat.



3. **Tekan** ubat sedut sekali. **Tarik nafas** melalui mulut dan hembus melalui hidung sebanyak 10 kali dengan perlahan.



4. Sekiranya terdengar bunyi wisel, perlahan-perlahan pernafasan.

5. **Ulang** langkah 2-3 selepas 1 minit untuk sedutan kedua jika diperlukan.

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# hRx

HUMS PHARMA





## Normal Blood Glucose Range

- ✓ Fasting (before meal): 70–99 mg/dL
- ✓ 2 hours after meal: less than 140 mg/dL

## Target Range for Most People

- ✓ 70–140 mg/dL



**FREE  
STRIPS**

## ACCU-CHEK GUIDE

## GLUCOMETER



**1**

### ✓ Wash your hands

Clean and dry your hands before testing.



**2**

### ✓ Prepare your glucometer

Insert the test strip into the glucometer.



**3**

### ✓ Prick your finger

Use the lancet device to get a small drop of blood



**4**

### ✓ Wait for the result

In a few seconds, your blood sugar result will show on the screen!



## Record your result (optional)

Write down your reading or save it in your app

**5**

**BUY NOW, WHILE STOCK LAST!!**

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## WHY SHOULD I BUY ACCU-CHEK GLUCOMETER & STRIPS



### 1.EASY & FAST TO USE

Check your blood sugar in just a few seconds!



### 2.MONITOR YOUR HEALTH ANYTIME

No need to visit the clinic-check at home easily.



### 3.TRUSTED & ACCURATE READINGS

Accu-check is known for reliable, accurate results.



### 4.SUITABLE FOR EVERYONE

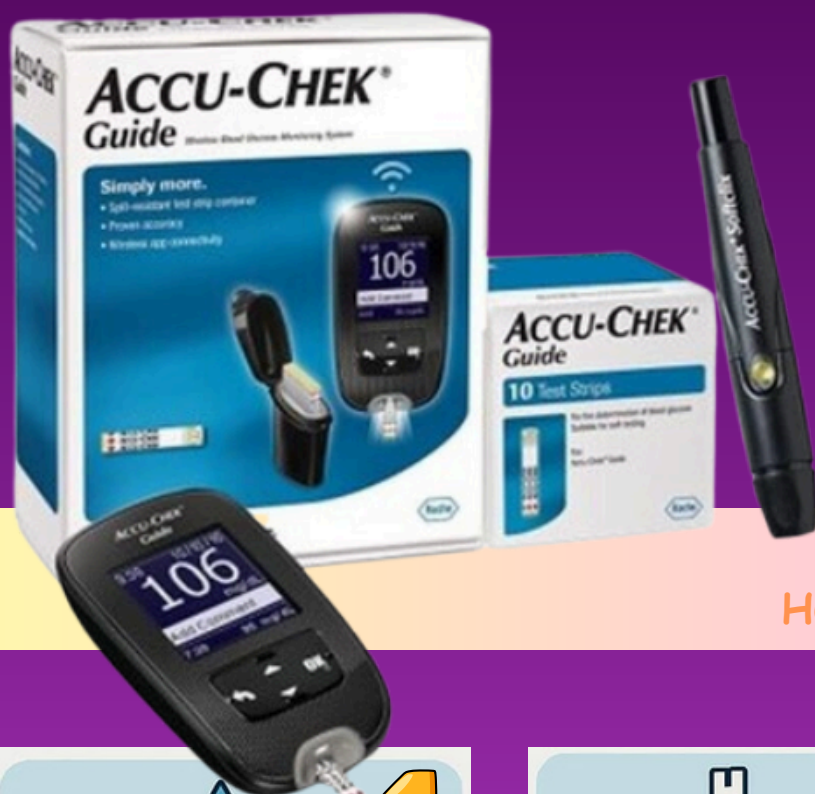
Perfect for diabetic, pregnant mothers, and health-conscious individuals.



### 5.SAVE MONEY,STAY HEALTHY!

One small device helps your prevent costly hospital visits.





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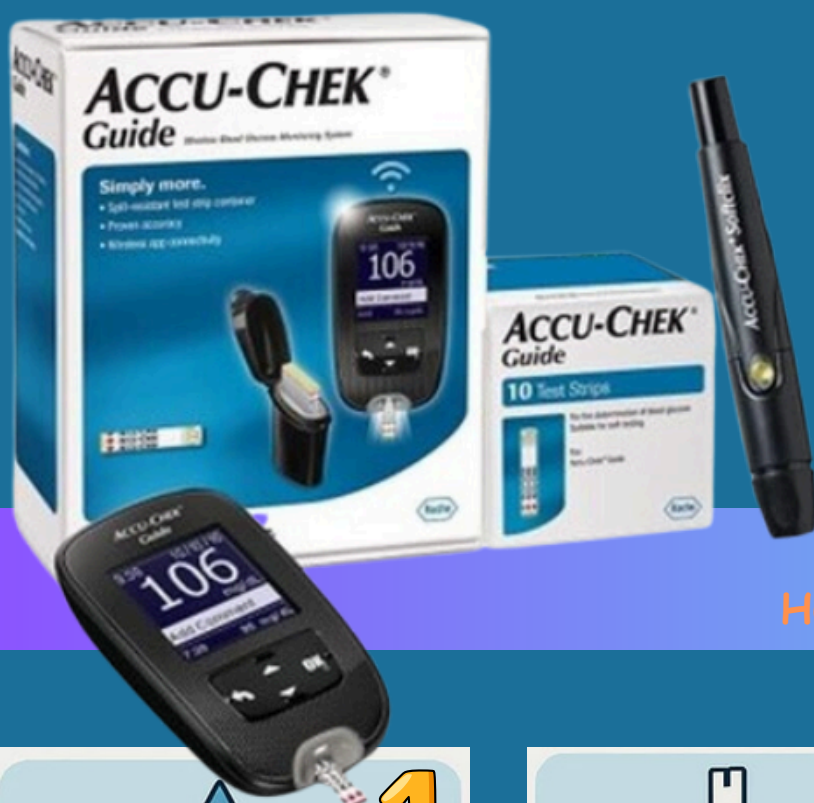
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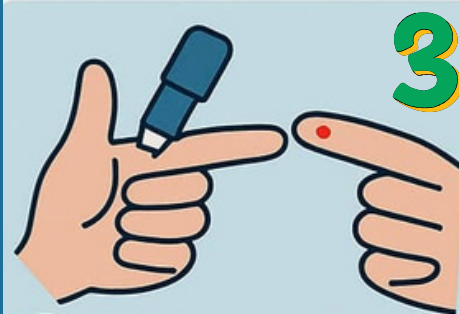
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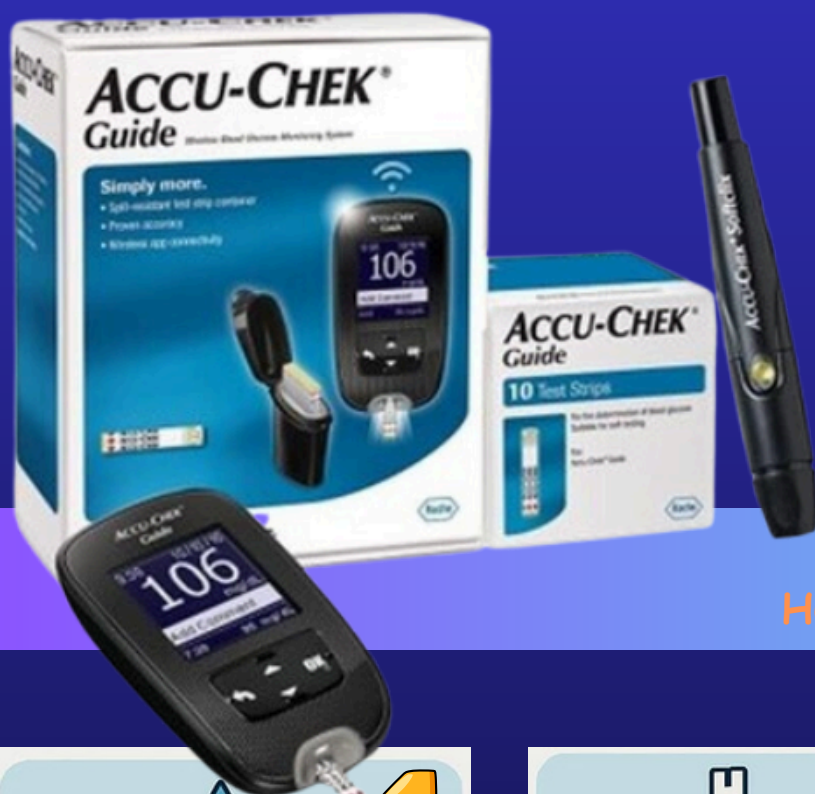
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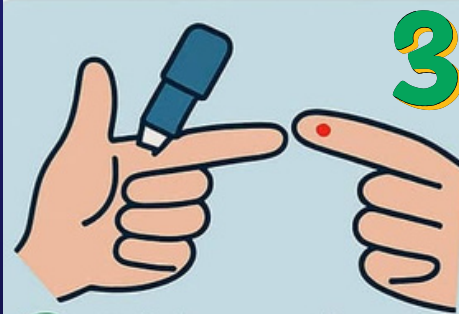
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