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Remote Hypertension Screening in Naturopathic Care

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High blood pressure is silent and affects about half of U.S. adults, yet only about 1 in 5 has it under control. A single office reading misses much of the story. A 24-hour reading shows the whole day and night, and the pattern often points to the root cause.

Key takeaways

- Lowering systolic BP by 10 points cuts stroke risk by about a quarter.
- 24-hour monitoring is the gold standard for diagnosing hypertension, and it catches white-coat and hidden hypertension.
- Nighttime BP matters: BP that doesn't dip during sleep carries more risk.
- Risk rises early: in women from the 30s and through menopause, and in adults under 40.
- Sleep, stress, salt, movement, and weight all show up in the 24-hour pattern.

A simple yearly approach

1	2	3	4
Identify who to screen	Monitor at home for 24 hours	Review the data	Develop a root-cause plan

Patterns to know

Normal dipping: BP falls 10–20% in sleep

Non-dipping: think sleep apnea, stress, salt

Morning surge: sharp rise on waking

Fast pulse, low BP: check standing BP

"When prevention works, nothing happens."

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Disclosure: Dr. Esenwa has an equity interest in SMARTS Health, whose site and booking link appear above. Educational summary only; not medical advice.

Sources include USPSTF 2021; Jones DW, et al., 2025 AHA/ACC guideline; Ettehad D, et al., Lancet 2016; Salles GF, et al., Hypertension 2016; Ji H, et al., JAMA Cardiol 2020.