



## **OMRON's Latest Data Review Shows the Efficacy of Home Blood Pressure Monitoring for Reducing Risk of Stroke**

Singapore, May 18, 2023: A new data review, conducted by OMRON Healthcare Singapore, has revealed that monitoring blood pressure at home can help in reducing risk of brain stroke. According to the review, people who monitor their blood pressure at home are more likely to detect and manage hypertension - one of the leading causes of stroke.

The review is based on an active user base of around 340 people, and more than 43,000 blood pressure readings across Singapore, Indonesia, Thailand, Philippines and Vietnam over the period from November 2021 to October 2022. This base consists of users who are regularly using OMRON Bluetooth-connected digital BP monitoring device and tracking their blood pressure with the OMRON connect app, as well as OMRON's Health Gift program within the app.

The monitoring and analysis of their readings over the pre- and post-registration period (3 months before, and the 1<sup>st</sup>, 3<sup>rd</sup>, 6<sup>th</sup>, and 12<sup>th</sup> month) reveals average Systolic Blood Pressure (SBP) improvement of 10mmHg among hypertensive people with a baseline SBP of 135mmHg and above, within 12 months. The study also shows that 80% of this group of users were able to control their blood pressure, with 55% achieving normal SBP by the 12<sup>th</sup> month of tracking.

Various international trials on blood pressure lowering and stroke prevention state that for every 5 mm Hg decrease in SBP, the expected risk reduction of stroke and heart attack incidence and mortality was 18% (95% confidence interval [CI], 12-24%) in individuals younger than 55 years, 9% (5-12%) in those aged 55-74 years, 9% (4-13%) in those aged 75-84 years, and 1% (-13; +12) in those aged 85 years and older.<sup>1</sup>

Thus, the data review reiterates that home blood pressure monitoring and tracking with the help of an app help in identifying abnormal changes in blood pressure. If the changes are addressed and managed with the help of physicians, before they become severe, it can be an effective support for stroke prevention, especially among people who have a family history of hypertension or stroke.

"I believe that monitoring of blood pressure at home is an essential aspect of controlling hypertension and managing co-morbidities like stroke, heart attack, and dementia. Regular monitoring aided by accurate digital devices allows for early detection of potential health issues and empowers patients to take control of their own health by making informed decisions under the guidance of their physicians. It's important to incorporate monitoring in your daily regime to achieve optimal health and prevent potential complications in the long run," said Valery Feigin, Professor of Neurology & Epidemiology and Director of NISAN.

OMRON Healthcare, one of the leading players in home healthcare monitoring, has been at the forefront of promoting the importance of home blood pressure monitoring. The company has been developing innovative, connected, and affordable digital blood pressure monitoring devices that are being used by people across Asia Pacific to monitor their blood pressure at home. This year, the company celebrated the 50<sup>th</sup> anniversary of the launch of blood pressure monitors, and will continue to work towards its vision of contributing towards "zero cerebrovascular and cardiovascular disease (zero events)" around the world.



"Digital home blood pressure monitoring is a game-changer in the fight against stroke. It starts with managing hypertension – stroke's biggest risk factor," says Frans Velkers, Managing Director, OMRON Healthcare Singapore. "Our devices are connected, accurate, and user-friendly, making it easy for people to monitor their blood pressure regularly and also keep their physicians and caregivers easily informed with the help of the OMRON connect app. This enables them to take more effective and timely decisions, rendering better management of their health and leading to fewer unexpected health events. Thus, helping us to drive our vision of "Going for Zero" events," he added.

The added rewards to users via OMRON Health Gift program are recognized by the company as an effective tool to motivate users in building and keeping up a healthy habit of regular blood pressure monitoring.

Reports highlight that hypertension is the most powerful modifiable risk factors for stroke, heart attack, and dementia; lowering blood pressure substantially reduces the risk of morbidity and mortality. However, it continues to pose a significant burden in Asia, with poor awareness and undertreatment reported in many Asian countries and regions. It is estimated to cause nearly 3.7 million deaths each year in Southeast Asia, East Asia, and Oceania.<sup>2</sup> Considering the asymptomatic nature of hypertension and the significant disease burden, it is essential to measure blood pressure regularly. Home blood pressure monitoring (HBPM) is recognized as a valuable tool to monitor blood pressure and facilitate effective detection of hypertension. Combined with the right drugs treatment, it can play a significant role in preventing stroke, heart attacks, and dementia.<sup>3</sup>

To this end, OMRON has joined the mission to promote blood pressure screening through device donations via the May Measurement Month program. Since 2017, OMRON has donated approximately 23,000 units of blood pressure monitors to various medical associations of hypertension globally, to support screening and diagnosis.

### **About OMRON Healthcare**

Committed to helping people live more active and fulfilling lives, OMRON Healthcare is a global leader in the field of clinically proven, innovative medical equipment for health monitoring and therapy. Throughout its history, OMRON Healthcare has been striving to improve lives and contribute to a better society by developing innovations that help people prevent, treat and manage their medical conditions, both at home and in clinical practice in over 110 countries.

The OMRON Healthcare Group, headquartered in Kyoto, Japan, provides World's No.1 blood pressure monitors (Global Home Appliance Market Comprehensive Survey 2023 by Fuji Keizai Co., Ltd.(2019)). The company's additional core product categories are respiratory care, pain management devices, and wellness products. It also develops and activates remote patient monitoring service in the field of cardiovascular condition management.

Website: <https://www.omronhealthcare-ap.com/sg>

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