



Wednesday 3 June 2020

Managing blood pressure at home the focus of first Menzies online talk

The University of Tasmania's Menzies Institute for Medical Research is taking its regular public talks online.

Due to the impact of COVID-19 and of not being able to gather in large groups, we are inviting the community to join a Zoom webinar to hear about the latest blood pressure research from the Institute and how to best manage your blood pressure from home.

Advances in Blood Pressure Research will feature presentations by Professor James Sharman and Dr Dean Picone from Menzies, and they will be joined by Graeme Lynch, CEO of the Heart Foundation Tasmania.

Professor James Sharman said it was crucial that other areas of health beyond COVID-19 were not neglected during the ongoing pandemic.

"I am excited to have this opportunity to share the results of our research, and also connect people with resources to help them accurately monitor blood pressure in the home.

"The webinar means we can reach those people who may not be physically able to attend our regular public talks, or who are interstate or overseas."

Accurate measurement of blood pressure is critically important in guiding clinical decisions on hypertension and is used worldwide for cardiovascular risk management.

The Director of the Menzies Institute, Distinguished Professor Alison Venn, also welcomed the move online.

"High blood pressure is the number-one risk factor for cardiovascular disease and mortality worldwide. Taking our public talks online means we have the opportunity to share our research with more people and help them help themselves to manage their health."

Advances in Blood Pressure Research is on **Wednesday June 10 at 6 pm**. For more information and how to register go to <https://www.menzies.utas.edu.au/>

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