This study has lasted for so long thanks to the cooperation of Ohasama residents, who voluntarily measure their blood pressure at home daily, and the work of public health nurses who support them. Residents have cheerfully made many favorable comments, such as “self-monitoring of blood pressure raises our health awareness incredibly.”

When you make a habit of monitoring your blood pressure, it becomes easier to notice health anomalies. I often hear people mention that they visited the hospital earlier than they otherwise would have and thereby kept their disease under control.

In fact, as a result of this study, I was diagnosed with a disease. I have truly come to realize the importance of early detection and treatment.

Mr. Asanuma

I’ve been participating in the Ohasama Study from the beginning. It’s enjoyable because everyone has increased their health awareness, and all the participants know each other.

Ms. Yoko Asanuma, public health nurse

We have seen many people who were cured of illness thanks to the check-ups. The Ohasama Study was an event of great importance for us.

When I ask someone what his or her blood pressure was that morning, I always receive an answer quickly. And it is also surprising that everyone can measure his or her blood pressure well.

Mr. /Mrs. Toshinori and Chieko Sasaki

We write down our daily blood pressure values in a notebook. I think that recording this information has helped us to stabilize our blood pressure.

Ms. Naomi Fukushima, nurse

Mr. /Mrs. Keiichi and Matsu Sasaki