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# Effect of Occupational Activity on Ambulatory Blood Pressure Behaviour

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**Introduction:** Hypertension (HBP) is a key risk factor for cardiovascular diseases, being strongly associated with behavioural and environmental aspects of living. Professional activities, amongst others that take place throughout the day, are responsible for important blood pressure (BP) variations and may increase it.

**Objectives:** This study aims at ascertaining the blood pressure profile and variation in teachers, during a typical teaching session.

**Methods:** Ambulatory Blood Pressure Monitoring (ABPM) was performed in a cohort of 21 university teachers during a typical professional day, comprising the following periods: 24-hour period, day period, night period, morning period, 2 hours before class, during class, 2 hours after class, aerobic exercise period and 1...

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