



Annie Chou, MD, FRCPC
Cardiologist

400 - 1133 Lonsdale Avenue
North Vancouver, BC, V7M 2H4

www.anniechou.ca

T: 604-980-1031

F: 604-980-1032

E: scheduling@anniechou.ca



Target BP				
Date	Morning		Evening	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate

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Date	Morning		Evening	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate