

HIS NUMBER'S UP.



1 in 2 heart attacks & strokes are linked to high blood pressure.

Check your blood pressure
to know your numbers.

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High blood pressure

If your blood pressure is consistently higher than 140/90mmHg then you may have high blood pressure, which is medically known as hypertension.

Over the years high blood pressure slowly damages the blood vessels by making them narrower and more rigid. This means your heart must work harder to push the blood through your blood vessels and the overall blood pressure rises. It is easier for clots to get caught and for fatty debris (atheroma) to block your blood vessels increasing your risk of a heart attack and stroke.

High blood pressure has no symptoms, so it is important to get your blood pressure checked regularly.

What causes high blood pressure?

High blood pressure is often related to unhealthy lifestyle habits, such as smoking, drinking too much alcohol, being overweight and not exercising enough.

Blood pressure can sometimes be inherited from our families and can increase with age.

What can I do to prevent high blood pressure?

In addition to taking your medication prescribed by your GP, making changes to your lifestyle will help reduce your blood pressure.

1. Losing weight



2. Reducing your salt intake



3. Limiting the amount of alcohol you drink



4. Taking regular exercise and being more active








5. Increasing the amount of fruit and vegetables you eat



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