

FROM THE HEART

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Self-Management Programme**

Feel Good Recipes

**Chest
Heart &
Stroke**

Welcome to this edition of From the Heart.



As I am writing this, it's sunny and we have wall to wall blue sky. The seasons have turned, and we can look forward to longer days. The question is - how can we make the most of this time of year? Getting outdoors and walking is a great way to do this, and the magazine explores the benefits of walking as well as tips and advice on how to make it part of your daily routine.

Inside you will find a focus on volunteering which is a subject close to my heart. I volunteer in my local community and feel I am giving something but what I get back in return is priceless. In this edition there are stories and photos of people who kindly give their time to Northern Ireland Chest Heart & Stroke due to a connection to our services and the conditions we lead the fight against.

Have a look at our piece on self-management through our Taking Control Self-Management Programme. This programme helps us to make plans and to ensure we use our time effectively.

I am drawn to the piece about recipes as I am always looking for something different to cook. I seem to rotate through the same 5 or 6 things which can get a bit dull!

This time of year would not be complete without a piece on gardening. Our colleague Kyle has written about the benefits of gardening and Bonsai. Watching something grow and seeing colour, whether you are inside or outside, can be a joy.

Remember, the five steps to wellbeing are - Connect, Be Active, Take Notice, Keep Learning and Give. Hopefully this edition will give you some inspiration to find something you enjoy.

Until next time, take care.

Mark Dyer

NICHs Head of Respiratory Services

Celebrating Our Volunteers

Volunteers' Week runs 2nd-8th June and here we introduce you to Kevin and David, two of our volunteers who support our Care Services Coordinator and clients at our Post Rehab Exercise Programme (PREP) in Omagh.

Kevin and David have formed a firm friendship having met while attending one of our PREP groups. As David explains, "We encouraged each other during the exercises which helped to keep us motivated and ultimately became a friendly rivalry!" Having both experienced strokes and sharing part of their rehab journey together, their friendship developed into what now involves weekly meet ups for a coffee and chat.

Kevin had a stroke in April 2022. It was during the Easter holidays, some guests had just left his home and he and his family were tidying up when he developed what he describes as a flicker in his eye. He sat down hoping it would pass, thinking perhaps it was a migraine. Kevin's 11-year-old daughter Roma noticed that his face seemed different, his head had dropped, and Kevin did not have the power to lift it. Roma recognised the signs of the emergency and asked her mum to phone an ambulance.



Kevin has no memory of this happening. Kevin spent a week and a half in hospital following his stroke. His left side is still affected, lacking its original power and sensation. He suffers from fatigue and shoulder pain. Kevin can say that the fatigue he feels now does not compare to how he felt in the initial stages following the stroke. He recognises the improvement and can manage the tiredness better now as he knows his limitations. He explains, "If I wash the car today or mow the lawn, I know that tomorrow I will be exhausted for the day, so I plan ahead to ensure that what I do today won't impact too greatly on tomorrow's plans."

After Kevin's stroke he felt there was not much available in terms of help. He had previously been working and playing sport and then his life totally changed. The Community Stroke team referred Kevin to NICHs, and he says this was an enormous help. He joined one of our PREP groups and loved not only the exercise element which helped him regain strength, but meeting other people, sharing stories of their experiences and giving him the opportunity to tell his story.

Almost two years ago Kevin was encouraged to volunteer at PREP, and he says, "I jumped at the chance. PREP gave me so much and I wanted to give something back and help others. I love going along and seeing the progress that people make and being able to support in whatever way I can. I love being part of it."

David had a stroke in August 2021 as he was planning to go on holiday. His wife noticed a change in his face and immediately phoned an ambulance.

Following complications with medications and an allergic reaction, David's health deteriorated further, and he spent 9 weeks in Intensive Care where he was ventilated for some time. David's speech and swallow were severely affected, and he had to spend 12 months being peg fed by a tube in his stomach. David had to be peg fed for 15 hours every day but when he was attending PREP he used to, in his words, 'unplug' himself, go along to PREP and 'plug himself back in' when he got home again.

David says,

"PREP made such a difference to me – it gave me confidence in myself and gave me back my independence. I met some amazing people and made some really great friends; it has helped me immensely."

"I saw Kevin volunteering and thought I would like to do that. I went through a really hard time myself and I thought if I can help one person following their stroke then it will be worthwhile. I have a lot of pride knowing that I am getting to help people."



"I look forward to going along to PREP as every session is different. There's always at least one 'character' in the group and I try to have fun with everyone. I feel that I can help put people at ease when they come along as I have sat where they are sitting and I know how nervous and anxious someone can be, joining a new group and getting out and about after stroke."

To Kevin and David, thank you so much for sharing your stories. Thank you, and to all our valued volunteers, for volunteering your time so willingly to help others. You have been, and continue to be, an inspiration to others. We couldn't do the work we do without our volunteers- thank you all.

**Chest
Heart &
Stroke**



Volunteer with us and be part of something amazing!

Could you spare some of your time and help us deliver our vital services? We need volunteers for our Wellness Sessions and Post Rehab Exercise Programme groups. As a volunteer, some of the tasks you would support us with include:

- Being a welcoming face
- Assisting those attending the session to participate in the activities arranged
- Offering support and encouragement to participants
- Helping with room and equipment set up
- Serving refreshments

No experience is necessary, just a willingness to lend a hand!
Full support and an induction are provided by our Care Services team.

**To find out more, please contact Caoimhe Devlin,
Head of HR & Volunteering, on 028 9032 0184.**

Chest
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The Wonders Of Walking

Physical activity can help you lead a healthier and happier life. Research shows that physical activity can boost self-esteem, mood, sleep quality and energy, as well as reduce your risk of stress. One of the easiest ways to include activity in everyday life is walking, a simple and free way to become more active. Walking can be overlooked as a form of exercise, but it has many benefits and the easiest way to walk more is to make it a habit of your daily routine.

Benefits Of Walking

- Helps maintain a healthy weight
- Can improve sleep
- Reduces stress
- Increases energy levels
- Helps lower blood pressure
- Maintains or increases fitness
- Strengthens muscles and bones
- Improves heart health
- Boosts your mood
- Reduces diabetes risk
- Strengthens the immune system

Making Walking Part Of Your Daily Routine

- Walk part of your journey if possible
- Walk to the shops
- Use the stairs instead of the lift
- Leave the car behind for short journeys
- Walk the children or grandchildren to school
- Plan a regular walk with a friend
- Go for a walk after dinner
- Park further away from shops
- Join a walking group

Tips For Walking

- Wear comfortable footwear which will provide adequate support
- Wear appropriate clothing for the weather
- Wear sunscreen and a sun hat
- Bring a bottle of water
- Bring some healthy snacks for longer walks
- Listening to music or a podcast can take your mind off the effort
- Use a fitness tracker to monitor your steps
- Walk with friends or family
- Try different locations or routes



National Walking Month



National Walking Month is an annual initiative which promotes walking, and it takes place throughout May. The awareness month aims to encourage individuals and groups to do walking challenges, share walking routes, and raise awareness of the benefits associated with walking. National Walking Month is an ideal time to connect with nature so here are some recommendations for great walks at National Trust locations throughout Northern Ireland:

- **Address House, Lady's Mile Walk** – 1 mile. Portadown, Co. Armagh
- **River Walk at The Argory** – 2 miles. Moy, Co. Armagh
- **Castle Coole, Beech Trail** – 0.5 miles. Enniskillen, Co. Fermanagh
- **Florence Court, Blue Trail** – 2.2 miles. Enniskillen, Co. Fermanagh
- **Giant's Causeway, Blue Trail** – 0.8 miles. Bushmills, Co. Antrim
- **Mount Stewart, Lake Walk** – 0.6 miles. Newtownards, Co. Down
- **Castle Ward, Farm Trail** – 2.5 miles. Downpatrick, Co. Down
- **Giant's Ring, Circular Walk at Minnowburn** – 2.5 miles. Belfast, Co. Down
- **Springhill, Beech Walk** – 0.25 miles. Magherafelt, Co. Derry/Londonderry

For further information on these walks, please visit www.nationaltrust.org.uk/visit/northern-ireland/walking

Walking Apps

Here are some suggestions on apps you can download which you might find helpful if you are trying to incorporate more walking into your daily routine:

NHS Couch to 5K app

this is a free running programme designed for absolute beginners.

NHS Active 10 app

this free app anonymously records every minute of walking you do.

Fitbit App Mobile Tracker

with this app you can track your steps and change your goals as you progress. A Fitbit is not required to use this app.

MapMyWalk GPS

this app allows you to set goals, log activity and stay on track.

You can download these apps from the Apple App Store or the Google Play store.



Paint Your Plate With A Rainbow

In medieval times Hippocrates, the father of modern medicine, developed the idea that our bodies are made up of four humours. This was the notion that the body contained four coloured substances- blood, phlegm, black bile and yellow bile. It was believed that if these humours were out of balance, then illness would develop. Hippocrates encouraged the use of natural cures for such illness, and over time developed treatments using plants based on their colours to improve health, for example, yellow flowers were used to help whatever ailed the yellow bile and so on.

Nowadays we hear a lot of talk about 'eating the rainbow.' Although the field of medicine has progressed past the humours theory we haven't moved that far from the idea of colours and plants being important in terms of our health.

Including a wide variety of fruits and vegetables in your diet will ensure you are getting a broad spectrum of nutrients, vitamins, minerals and antioxidants. Different coloured fruits and vegetables contain different phytonutrients. These give the plant their colour, have many health boosting benefits, and are associated with reducing the risk of chronic diseases. For example, for improved immunity it is recommended that we include more orange- or yellow-coloured foods in our diet such as oranges, bananas, corn, carrots, yellow peppers, sweet potato, mangoes, pineapple – the list goes on!

Blue, purple and deep red foods promote heart health as they are rich in antioxidants. Purple and blue foods are cited as promoting brain health too so add blueberries to your breakfast, red cabbage to your dinner plate, and perhaps snack on cranberries, strawberries or cherries!

Including as many different colours as possible in your diet will aid digestion. Many are a great source of fibre and can have anti-inflammatory properties which helps gut health too.

The Eatwell Guide recommends we eat five portions of fruit and vegetables per day. If we look honestly at our diets, how many of us are actually meeting this target? Many of us have a tendency to eat the same foods week in, week out, with our shopping lists remaining the same, and our online shops prompting us to remember to buy the same things we bought the last time.

To help change our approach we can think in twos and try to include two different colourful portions of fruit or vegetables at every meal. We can create our shopping list around our meal plans. We can try new recipes. We can adapt our side dishes – add more salad, swap oven chips for homemade skin-on wedges or sweet potato chips.

Here is an example of a meal plan which includes differently coloured fruits or vegetables at each meal:

- **Breakfast** - blueberries and banana on porridge.
- **Lunch** - lettuce, tomato and red onion in a chicken sandwich.
- **Dinner** - fish, mushy peas, carrots and a floury spud!

Try to choose foods that are close to the way nature made them- the less processed the better, and the more precious phytonutrients that remain.

With so much food choice available nowadays it is possible to make small, affordable changes to our diets, like the example above, and reap the health benefits this can bring.

Eating the right foods in the right amounts is one of the best things you can do for your overall health. Maybe the pot of gold at the end of this rainbow is feeling stronger, having increased energy, better digestion and uplifted mood!



Your legacy of hope and care - a gift in your Will.

A gift in your Will could not only help your loved ones but can leave a legacy of hope for generations to come.

In Northern Ireland four in ten adult deaths are caused by chest, heart and stroke illnesses. We're working hard to change this by funding life-changing research and caring for those who are affected by devastating health conditions every day.

We've been helping local people for over 75 years, and with your help we can continue to be there for people who need us now, as well as those who will need us in the future.

Please visit nichs.org.uk/giftsinwills for further information on leaving a gift in your Will to NICHs or call us on 028 9032 0184.

Preventing, Supporting, Caring and Rebuilding across Northern Ireland.

**Chest
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'Throwing Bullets' And Setting Goals

Road bowls, swimming, football, boxing and cricket- these are some of the sports that Joseph Quigley, or Malachy to his family and friends, has enjoyed over his 90 years on this Earth. His keen interest in sports and physical activity can be traced back to growing up in Armagh during the Second World War.

Malachy has many vivid and interesting memories from this time. Malachy's father was in the Army and fought on the Normandy beaches and served under Field Marshal Montgomery. As the child of a serviceman Malachy got the chance to go along to the parties hosted by the American soldiers. These were great events, filled with fun and lots of sweet treats. Soon, all the children on Malachy's street were his 'brothers and sisters' as they wanted to go along to the parties too!



VE Day came and there were great celebrations in the Quigley home as this would mean the soon return of Malachy's father, who the family had not seen for over four years and who had not met his youngest daughter. Back home in Armagh, Malachy's father encouraged his children to enjoy the outdoors and keep active.

Malachy got involved in boxing and when he was a little older started cycling. In the early 1950s most bicycles did not have gears, and Malachy recalls a shop in Armagh having to get them from a supplier in France so that he could fit them and continue advancing in his cycling. When he began working Malachy started a local football team which he thoroughly enjoyed, and he went on to become a referee. Malachy also played cricket.

A sport Malachy still enjoys is swimming, to which his introduction was perhaps a little more sink than swim! Some readers might remember the outdoor swimming pool in Armagh. One day a friend of Malachy's thought it would be fun to push him in! After this fateful day Malachy learnt to swim and has enjoyed this form of exercise ever since. Malachy still swam three mornings a week up until last year when he unfortunately had to take a break due to a knee replacement and stroke.

'Throwing bullets' may not be a game everyone is familiar with! It is more commonly known as road bowls. Road bowls involves propelling a metal bowl down a set distance of a country road in as few throws as possible. Malachy had been playing

road bowls for over 60 years but unfortunately has had to take a break from the sport due to his knee and stroke. With the help of the exercises and goal setting element of NICHs's Post Rehab Exercise Programme (PREP), Malachy is hoping to get back to 'throwing bullets' soon and he has already been back in the pool.

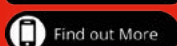


World War II, VE Day, a kidney transplant 22 years ago, and playing sport all his life has all shaped the person Malachy is. **He is now determined to not let a stroke hold him back and through attending his local PREP group and setting goals for improvement he is hoping to get back to the things he enjoys most. We have no doubt you will Malachy!**

Northern Ireland Chest Heart & Stroke

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Feel Good Recipes



Homemade Burgers

Ingredients

- 500g lean mince steak
- 2 tbsp caramelised onion chutney
- 1 egg, beaten
- 50g fine breadcrumbs
- 1 tbsp Dijon mustard
- 1 tsp mixed herbs
- Salt and pepper

Method

1. In a bowl blitz the chutney to a smooth paste then combine the mince, breadcrumbs, mustard, herbs, salt and pepper, and beaten egg. Mix well.
2. Divide the mixture into four portions and shape into burgers.
3. Cook in a pan, on a BBQ, or griddle on a moderate heat for about 10 minutes, turning once.
4. To serve, put in a burger bap with whatever condiments you like.



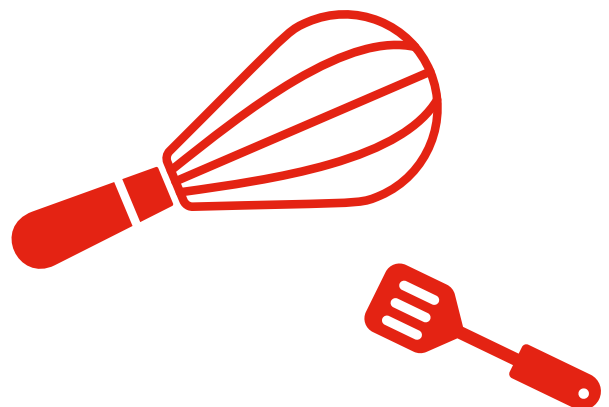
Crumbed Salmon

Ingredients

- 2 salmon fillets
- 30g light cream cheese
- Finely grated rind of one lemon
- 150g fine breadcrumbs
- 60g fresh pesto
- Black pepper

Method

1. Preheat the oven to 220°C.
2. Make the pesto crumb mixture by combining the fine breadcrumbs, half the lemon rind and pesto, and mix together.
3. Place the salmon fillets on a baking tray lined with tin foil, skin side down.
4. Spread the cream cheese over the fillets, add some black pepper, sprinkle on half the lemon rind, then top with the pesto crumb mixture.
5. Place in a preheated oven for 20 minutes or until the salmon is golden on the outside and pink and moist inside. Serve with green vegetables or salad.





Fruit Gateau

Ingredients

- 4 large eggs
- 160g caster sugar
- Vanilla extract
- 75g plain flour, sieved
- 50g ground almonds
- 1 tsp baking powder
- 400g Greek yogurt
- 3 tbsp maple syrup
- Zest of half a lemon, finely grated
- Whatever fruit you have in the fridge



Method

1. Preheat the oven to 180°C-200°C.
2. Line and grease two 8-inch cake tins with baking parchment.
3. Put the eggs, sugar and vanilla extract in a bowl and whisk until the mixture is pale and moussey.
4. Using a metal spoon fold in the sieved flour, baking powder and almonds, taking care not to knock out the air.
5. Pour into the prepared tins and bake for 15 minutes until golden and the cake is coming away from the sides. Turn out onto a wire tray to cool. Once cool, cut in half.
6. Beat together the yogurt, maple syrup and lemon zest.
7. Spread half the yogurt mix over the cake base and add some of your fresh fruit. Put the other cake half on top, spread on the remaining yogurt mixture, and scatter on the rest of the fruit.
8. Cut into 10 slices and enjoy!



French Bean Salad

Ingredients

- 100g trimmed fine green beans
- 100g continental salad leaves
- 250g baby plum tomatoes, halved
- 25g shelled pistachio nuts, roughly chopped

For the dressing

- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- Mix together with some black pepper

Method

1. Place the green beans in a pan of boiling salted water and cook for 3-4 minutes until just tender but still crisp. Drain and refresh under cold water. Drain again.
2. Put salad leaves, beans, and tomatoes in a bowl, drizzle over the dressing and gently toss. Scatter over nuts and serve.



Taking Control Self-Management Programme

Spring was on most people's minds at our recent Taking Control Self-Management Programme in Enniskillen. When most of us were thinking about brighter days, longer evenings and open windows letting in the fresh air, the self-managers were getting to work using their weekly Action Planning activity to set goals.

Action planning is an element of Northern Ireland Chest Heart & Stroke's Taking Control Programme which encourages participants to make small, achievable goals for the week ahead. The goals are specific and include things like what are you going to do? How much time are you going to spend doing it? How many days of the week are you going to do it? What time of day will you aim to do it? And finally, what is your confidence level of achieving your goal?

Our Enniskillen group started off with a small goal; clearing one wardrobe/drawer or cupboard over week 1. The plan was to spend roughly 30 minutes a day on the task, for 3 days in the mornings, and the group's confidence level of achieving the goal was set at 7. Over the next 6 weeks everyone was inspired to make similar action plans, and every week the group listened with delight to each other's achievements.



From the action plans we had sack-loads of clothes making their way to charity shops, a number of freezers deep cleaned, a greenhouse repaired, and a filing cabinet stripped of out-of-date paperwork. By week 5 we had shiny windows, the snowdrops, raised beds and pots in the gardens got lots of attention, as did a utility room and the group's confidence level was up to 9. The group also made some fantastic crafts during the programme.

The best part for the NICHS Care Services Coordinators was seeing the satisfaction on the faces of the group members each week as they spoke about the outcomes of their action plan. The group all over accomplished each week, inspiring and encouraging each other along the way. Spring certainly proved to be a great reason for everyone to have a clear-out and in breaking the task up into small chunks the group showed what great self-managers they are!



Puzzles

Spring Word Search

N L M O R D Y S M B M O O O L B
N I A R M E L E S E E A A W O G
U O Y E L O S E A S O N N M S S
L M L I O D N E K L A Y Y R P H
H C T A H I N G Q L D B B R K U
U T P E H O O D I O O I I F C L
Y T I S R E T R M D N T T R E U
V W N A O E P J T G N E E D X V
E U G R N A D M B R A Y Y A T E
S L M E U B G R T A S O O U P A
R E F G L C E B T S I R R G A S
B A L Y B A E N O S R E E H R T
Y A O I K D O O H R E H H O H E
U Y W E M S H O W E R S S E D R
C H E F A M C L Y O G D D R E S
X L R O V Z R C O J B R R I N O
F I S E A R A K S L E I I O E L
B L O S S O M C B J W B B M O B

BLOSSOM
BLOOM
FLOWERS
RAIN
SHOWERS
EASTER
SPRING BREAK
GRASS
HATCH
BIRDS
SUNSHINE
SEASON
MARCH
APRIL
MAY

Spring Quiz

1. What month does Spring begin in the Northern Hemisphere?
2. Every year, millions of tourists visit Japan during the springtime to admire which flower?
3. How long is the nighttime on the day of the Spring Equinox?
4. What kind of dancing might you see at a town fair on May Day in the UK?
5. The 1st of April is also known as what?
6. From March until May, the Keukenhof gardens in the Netherlands thrill visitors with their splendid fields of what kind of flower?
7. Which BBC TV programme follows springtime wildlife in the UK?
8. What month does Spring end in the Northern Hemisphere?

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Beautiful Bonsai!

The clocks have gone forward, and Spring is officially here. With the sun putting in an appearance we are more motivated to get outdoors and enjoy our gardens or open spaces. Some of us may be green fingered, but for others the thought of gardening is exhausting and tiring. Have you ever thought about trying the hobby of Bonsai, however?

Some of us might relate Bonsai to the film The Karate Kid, in which Mr Miyagi not only trains his prodigy in the martial art of karate but also shares his knowledge of Bonsai. The word Bonsai translated literally means a tree or plant grown in a shallow container. Although Bonsai is widely recognised as a Japanese art form it is thought to have originated in China and was brought to Japan by Buddhist monks. Today, Bonsai can be seen all over the world with exhibitions in Italy, Belgium, America, England and even Northern Ireland.



Keeping Bonsai is often considered to be a very expensive hobby. It can be but it can also be as affordable as you want. When buying Bonsai, we have to appreciate the age of the tree and the time that has been spent on styling and nurturing it into a healthy specimen. The majority of Bonsai are outdoor trees although you can find indoor varieties in local garden centres. Indoor Bonsai are sub-tropical or tropical trees and can be grown in our homes with plenty of light, consistent temperatures and a routine of watering. Common indoor trees are Ficus, Serissa Foetida and Carmona Microphylla. It is important to ensure the tree is healthy when you purchase it, and it has care instructions.

Outdoor trees are more suitable to a temperate climate and therefore do well in gardens and balconies. The Irish Juniper, Hawthorn and Pinus make great starter trees for beginners but be warned, Bonsai should come with a possible addiction warning as once you have one you will want another!



If you have a plant in a flowerbed that has outgrown its space, or if you, or someone you know, are removing old shrubs or hedges these can provide the ideal starter material to introduce you to the Bonsai hobby. You don't need a full shrub to make a Bonsai, it can be created from just a few branches. It is best to repot in a larger container to allow the tree to settle and adapt to its new environment. Once it is established you can use artistic expression to create your own personal specimen.

There are many good books available and great online tutorials to help you get started. You will find the art of Bonsai is a very relaxing, rewarding and therapeutic hobby that has no age or physical limits.



Quiz Answers:

1. March, **2.** Cherry blossom/Sakura, **3.** 12 hours, **4.** Maypole dancing, **5.** April Fool's Day, **6.** Tulips, **7.** Springwatch, **8.** June



Let's Talk About Blood Pressure

At NICHHS, we work tirelessly to raise awareness of high blood pressure, often known as The Silent Killer. We encourage people to get their blood pressure checked as high blood pressure rarely causes any physical symptoms and is often only discovered after someone suffers a stroke or heart attack. Detection and subsequent action are therefore vital.

You can get your blood pressure checked by a doctor or nurse or at some pharmacies. You can also invest in a blood pressure machine to monitor blood pressure at home.

If your blood pressure is consistently higher than 140/90mmHg then you may have high blood pressure. We recommend you make an appointment with your GP for further tests or visit A&E as soon as possible, especially if you experience any stroke or heart attack symptoms.

Top Tips for a Healthy Blood Pressure

Maintaining a healthy blood pressure will help reduce your risk of heart and circulatory disease. There are several changes you can make to your lifestyle to reduce high blood pressure and to maintain a healthy blood pressure:



1. Reduce Salt Intake

Adults should eat no more than 6g of salt a day (approx. a teaspoonful). Read the labels on food packaging, choose foods lower in salt and try replacing salt with pepper, herbs and spices to add flavour.



2. Be More Active

Move more and sit less! Adults should aim for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity each week. 2 days of strengthening exercises should also be included.



3. Maintain a Healthy Weight

Being overweight means your heart must work harder to do everyday tasks - this leads to high blood pressure. Maintaining a healthy weight involves a combination of eating a healthy diet and being more physically active.



4. Limit Alcohol Intake

Drinking too much alcohol increases the risk of high blood pressure and can cause weight gain. We should drink no more than 14 units of alcohol per week, with several alcohol-free days. Men should have no more than 8 units and women no more than 6 units of alcohol per session.



5. Increase Fruit and Vegetable Consumption

Fruit and vegetables contain vitamins and minerals, along with fibre which help to reduce the risk of high blood pressure and improve our heart health. We should aim for 5 portions a day which can be fresh, frozen, canned, dried or juiced.

You should also take medication for high blood pressure as prescribed by your doctor or health professional in addition to making changes to your lifestyle, unless your health professional is happy for you to stop your medication.

For more information on how to maintain a healthy blood pressure, visit nichs.org.uk/highbloodpressure








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