



BLOOD PRESSURE

Don't forget the 3 Rs*

- ✓ Regular checks
- ✓ Record the results
- ✓ Remember the numbers



Date: My blood pressure reading:

My recommended actions:

My healthcare professional:

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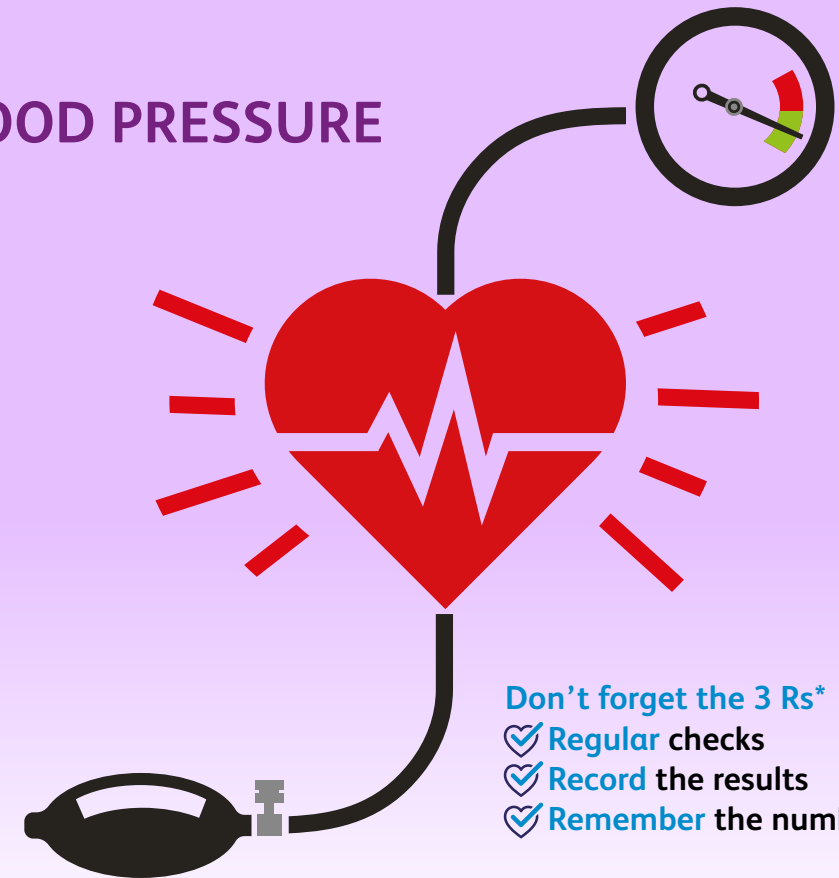
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HIGH BLOOD PRESSURE, also known as **HYPERTENSION**, rarely causes symptoms in the early stages. However, high blood pressure is a major risk factor for cardiovascular disease (CVD) and can lead to a heart attack or stroke, so understanding your blood pressure reading is important.¹

*Your healthcare professional will help you with regular checks and recording your results.



Having regular checks is the only way to find out your blood pressure reading. The NHS recommends that all adults over the age of 40 have a check once every five years if their blood pressure is normal.² After your check it's important to keep a record of your results and remember the numbers.

HOW TO INTERPRET BLOOD PRESSURE READINGS¹

Two numbers make up your blood pressure. This example reads as 120 over 80 and is considered normal.

120/80 mmHg

SYSTOLIC PRESSURE
is blood pressure measured during a heart beat when the heart muscle contracts

DIASTOLIC PRESSURE
is blood pressure measured during a heart beat when the heart muscle is at rest

Blood pressure \leq 120/80 mmHg is considered NORMAL¹

A person is diagnosed with HYPERTENSION when their blood pressure rises to 140/90 mmHg or higher¹

DEATHS DUE TO CARDIOVASCULAR DISEASE FOR MEN VS. WOMEN³

Heart Attack



Cerebrovascular Disease e.g. Stroke



MANAGE YOUR HIGH BLOOD PRESSURE WITH LIFESTYLE CHANGES



DIET
Use less salt. There is a direct relationship between salt intake and blood pressure elevation.⁴



SMOKING
Stopping smoking is the single best thing you can do for your heart health. Nicotine stimulates the body to produce adrenaline, making the heart beat faster and raising blood pressure.⁶



ALCOHOL
Cut down on alcohol. Alcohol can have a serious long-term effect on blood pressure and research has shown that heavy drinking can lead to increased risk of hypertension for both men and women.⁵



ACTIVITY
Engage in moderate physical activity for at least 30 minutes per day, five times a week. This can help you maintain a healthy weight.⁷

MAKING LIFESTYLE CHANGES ARE IMPORTANT, BUT MEDICATION IS OFTEN REQUIRED TO KEEP YOUR BLOOD PRESSURE IN RANGE.⁸

TAKING YOUR BLOOD PRESSURE AT HOME

Home blood pressure monitoring allows patients to assess their own response to their medication.⁹ This should only be carried out after a consultation with your healthcare professional who will help you take your blood pressure reading.

FOLLOW THESE STEPS TO GET AN ACCURATE READING

- Do not measure your blood pressure after a big meal or within 30 minutes of drinking caffeine or smoking.
- Always use the same arm for blood pressure readings.
- Before taking your blood pressure, sit still for 5 minutes.¹⁰

- 1 Sit with your back and arms supported¹⁰
- 2 Put the cuff on following the instructions that came with your monitor¹⁰
- 3 Position the cuffed arm level with the heart¹⁰
- 4 Take at least two measurements 1–2 minutes apart:¹⁰
 - Take more measurements if the first two are quite different and consider the average.
- 5 Always remember to record your results!

High blood pressure is a major risk factor for CVD and can lead to a heart attack or stroke.¹

YOU CAN TAKE CONTROL OF YOUR BLOOD PRESSURE. TALK TO YOUR HEALTHCARE PROFESSIONAL TODAY.