



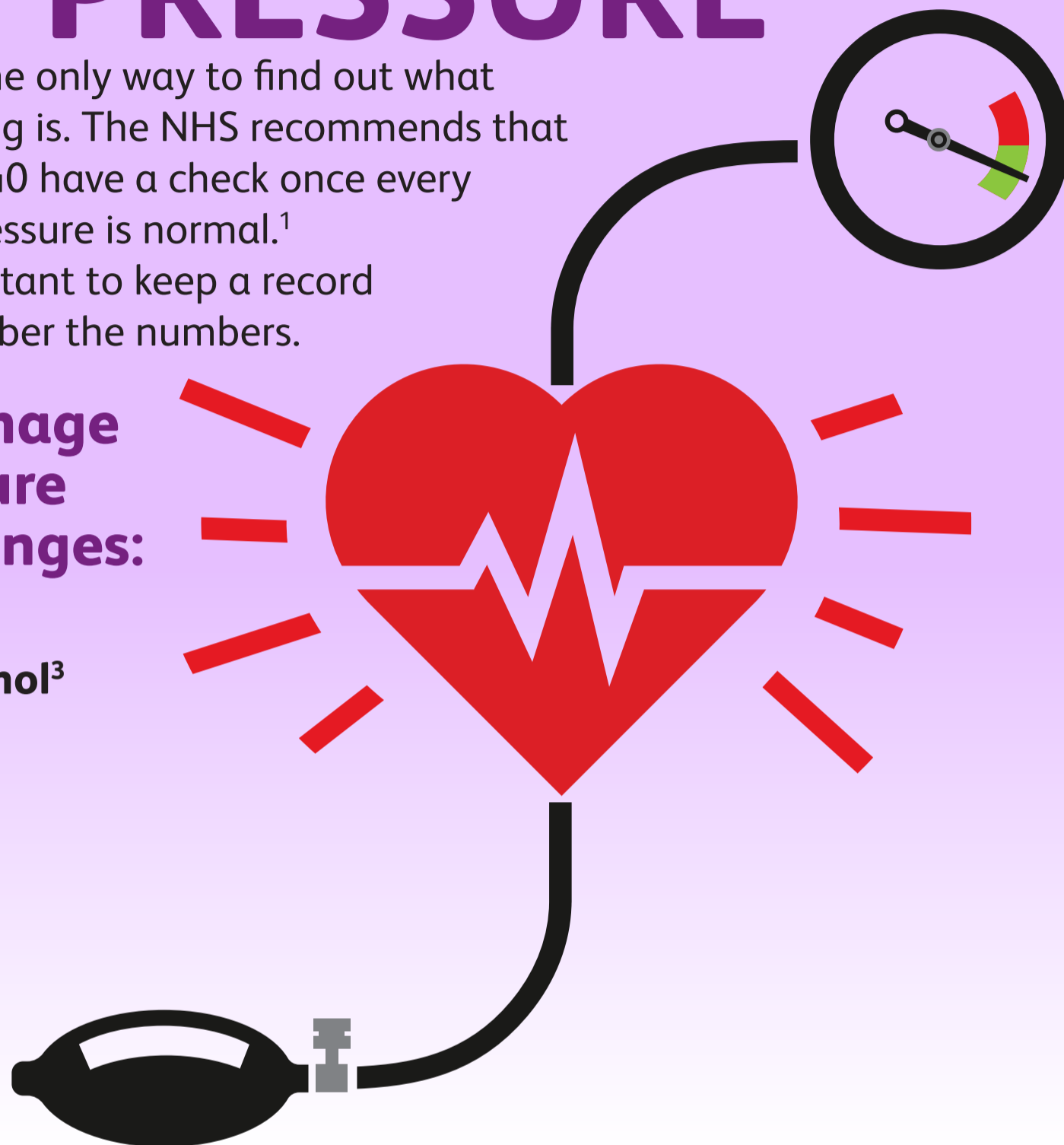
# BLOOD PRESSURE

Having regular checks is the only way to find out what your blood pressure reading is. The NHS recommends that all adults over the age of 40 have a check once every five years if their blood pressure is normal.<sup>1</sup>

After your check it's important to keep a record of your results and remember the numbers.

## You can help manage your blood pressure with lifestyle changes:

- Using less salt<sup>2</sup>
- Cutting down on alcohol<sup>3</sup>
- Stopping smoking<sup>4</sup>
- Staying active<sup>5</sup>



**TAKE STEPS TODAY TO MANAGE YOUR BLOOD PRESSURE  
TALK TO YOUR HEALTHCARE PROFESSIONAL FOR MORE INFORMATION**

### Don't forget the 3 Rs\*

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

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



### HIGH BLOOD PRESSURE, OR 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.<sup>6</sup>

1. NHS (2018) Blood Pressure Test. Available at <https://www.nhs.uk/conditions/blood-pressure-test/> Last Accessed March 2021

2. Cappuccio, F.P (2013) Cardiovascular and other effects of salt consumption. Available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4089690/pdf/kisup201365a.pdf> Last Accessed March 2021

3. Drink Aware (2019) Alcohol and Blood Pressure. Available at <https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/effects-on-the-body/alcohol-and-blood-pressure/> Last Accessed March 2021

4. British Heart Foundation (2019) Smoking. Available at <https://www.bhf.org.uk/information-support/risk-factors/smoking> Last Accessed March 2021

5. World Health Organisation (2010) Global Recommendations on Physical Activity For Health Available at <https://www.who.int/dietphysicalactivity/publications/9789241599979/en/> Last Accessed March 2021

6. World Health Organization (2013) A global brief on hypertension. Available at [https://www.who.int/cardiovascular\\_diseases/publications/global\\_brief\\_hypertension/en/](https://www.who.int/cardiovascular_diseases/publications/global_brief_hypertension/en/) Last Accessed March 2021