

HYPERTENSION

What is it? - it is the pressure in your arteries. When the arteries become narrower it causes an increase in pressure. This can increase your risk of cardiovascular disease.

What are the symptoms?

headaches
visual disturbance
chest pain
nose bleeds
dizziness
confusion

What can I do?



Stop Smoking

Community Pharmacies offer FREE support



Reduce alcohol intake

14 units max. per week spread over 3 or more days - avoid binge drinking



REDUCE SALT INTAKE

Limit salt intake

no more than 6g per day



MEDITERRANEAN DIET

Follow a balanced diet

visit: NHS Eatwell Guide for more information



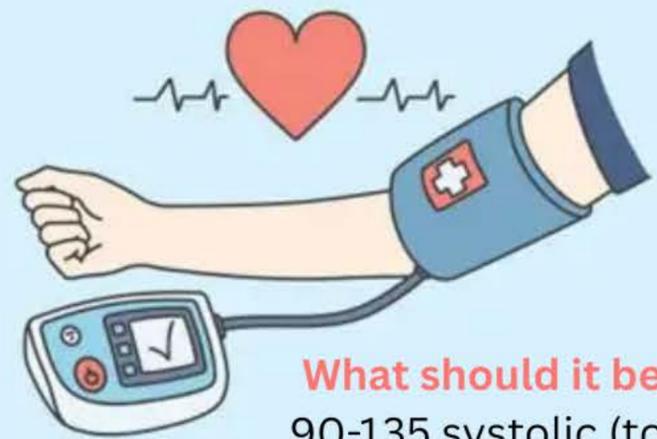
Exercise regularly

engage in 150 minutes of exercise per week

visit: NHS Better Health for more information

For more useful information visit the British & Irish Hypertension Society at www.bihs@org.uk

½ of all heart attacks and strokes are associated with high blood pressure (BP)



What should it be?

90-135 systolic (top)
60-85 diastolic (bottom)

Can I monitor my blood pressure at home?

Yes, patients find it useful to measure the BP at home. A list of recommended home BP monitors can be found via www.bihs@org.uk

You can also get your BP checked at many local pharmacies.

How often should my BP be taken by the Practice?

The Practice will contact you annually for a routine BP check. If you are experiencing any symptoms in the meantime please contact the Practice.

