

## What happens next?

A diagnosis of high blood pressure can not be made with just one reading. Things such as anxiety, illness and stress can temporarily raise your blood pressure.

Your blood pressure naturally rises and falls during the day as well as when you are active. Your blood pressure may go up when you visit the Drs Surgery or Hospital. The 'one off' readings in the surgery may not accurately reflect your real blood pressure throughout the day.

If you have had a raised reading we usually ask you to have this repeated in 1 month **OR** ask you to buy/borrow a blood pressure meter so you can supply us with a week of blood pressure readings twice a day, that way we can be really sure whether you have high blood pressure or not.

Recommended blood pressure meters are listed at:

[www.bhsoc.org/bp-monitors/bp-monitors](http://www.bhsoc.org/bp-monitors/bp-monitors)

## Where can I get further information?

- ♥ Ask at your next appointment
- ♥ NHS choices – [www.nhs.uk](http://www.nhs.uk)
- ♥ [www.bloodpressureuk.org](http://www.bloodpressureuk.org)
- ♥ British Heart Foundation – [www.bhf.org.uk](http://www.bhf.org.uk)

My target Blood Pressures below

	Date	Systolic	Diastolic	Pulse
Reading 1				
Reading 2				
Reading 3				

**COLLINGWOOD HEALTH GROUP**



## BLOOD PRESSURE



## Your questions answered ...

- ♥ Why do I need to have my blood pressure checked?
- ♥ What is blood pressure?
- ♥ What should my blood pressure be?
- ♥ What can I do to help control my blood pressure?
- ♥ What happens next?

## Why do I need to have my blood pressure checked?



Having high blood pressure puts you at a higher risk of developing a cardiovascular disease (such as a heart attack or stroke).



If left untreated for a long time, high blood pressure can lead to kidney failure and even damage your sight.



It can also make the heart abnormally large and less efficient, which can lead to the pumping action of the heart to become less effective (heart failure).



High blood pressure does not usually have any symptoms, so you should have regular blood pressure checks.

SS 12/1/22

## What is blood pressure?

Blood pressure is the pressure in your arteries (the tubes that take away blood from your heart to the rest of your body). You need a certain amount of pressure to keep your blood flowing.

### Understanding your blood pressure reading

**Top** reading (systolic pressure) – is the pressure when the beat or contraction of the heart forces blood around your body.

**Bottom** reading (diastolic) – is the pressure between heart beats when the heart is resting.

Blood pressure is measured in millimetres of mercury (mmHg).

### What should my blood pressure be below?

140	Systolic
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90	Diastolic

For most people, the target blood pressure is below 140/90 (140 systolic and 90 diastolic). If you have diabetes and/or kidney problems, your target will be lower. Please ask your health professional if you are unsure.

## What can I do to help control my blood pressure?

Your diet, exercise levels, weight and alcohol consumption have a real effect on your blood pressure. If you have high blood pressure, you can start lowering blood pressure **TODAY** by eating healthily and being more active.

- ♥ Eat less salt
- ♥ Eat more fruit and vegetables (5 portions/day)
- ♥ Increase your physical activity to 20-30 mins aerobic exercise/day
- ♥ If over weight – lose weight
- ♥ Reduce saturated fat in diet
- ♥ Don't exceed alcohol guideline limits ( 14 units per week)
- ♥ If smoking – stop smoking