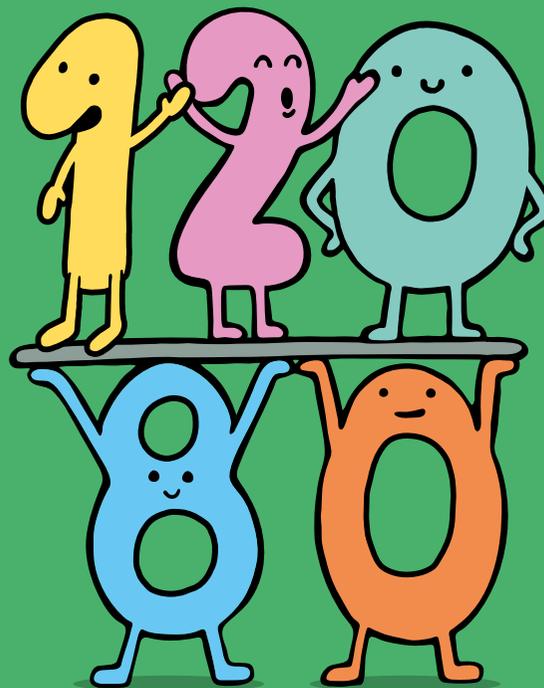


5 THINGS TO HELP YOU PREVENT HIGH BLOOD PRESSURE...

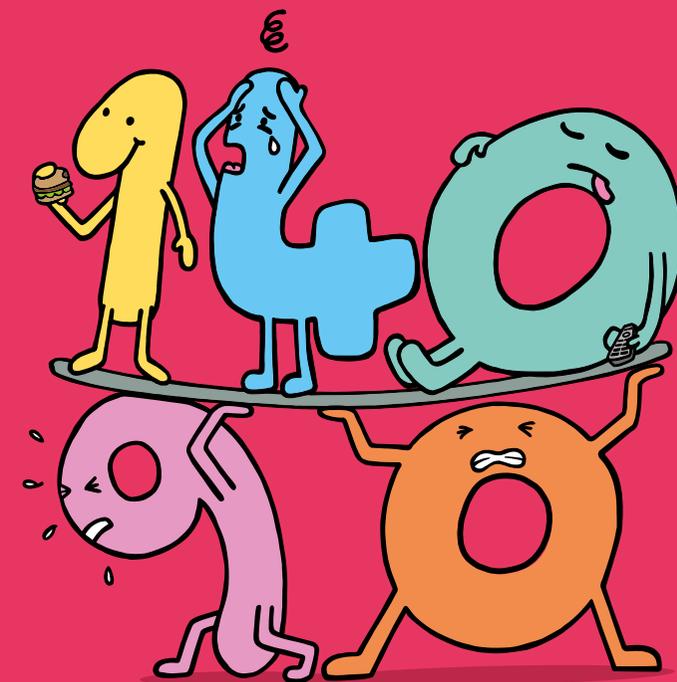
- be more active
- lose weight
- reduce salt in your diet
- drink less alcohol
- quit smoking

You can read more at
www.bradfordshealthyhearts.co.uk

IT'S NEVER TOO LATE TO START REDUCING YOUR BLOOD PRESSURE



You can read more about
reducing your blood pressure at
www.bradfordshealthyhearts.co.uk



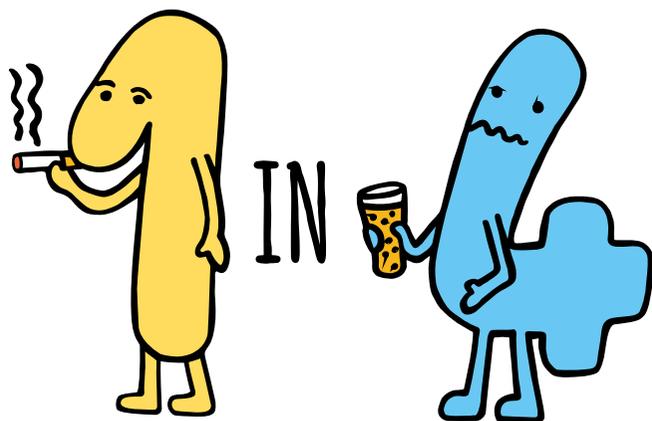
IS YOUR BLOOD PRESSURE TOO HIGH?

High blood pressure, or hypertension, often doesn't have any symptoms that you would notice. But, if it's left untreated, it increases the risk of serious problems such as heart attack and stroke.

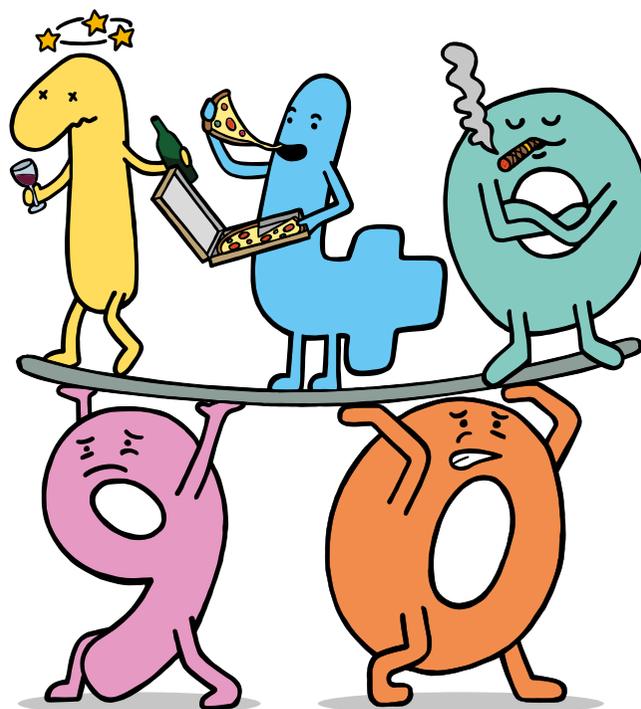


High blood pressure is one of the most common conditions in this country. More than **one in four adults** in the UK have it, and we estimate that over 50,000 people in Bradford have undiagnosed high blood pressure ... that's enough people to fill Valley Parade football ground twice over!

If left untreated, high blood pressure can do massive damage. It narrows the blood vessels and leads to strokes and heart attacks, as well as angina, heart failure, kidney failure and narrowed arteries in the legs.



1 IN 4 PEOPLE SUFFER FROM HIGH BLOOD PRESSURE



What causes high blood pressure?

There isn't always an explanation for the cause of high blood pressure, but these factors can play a part:

- being overweight or obese
- regularly drinking too much alcohol
- eating too much salt in your diet
- not taking enough regular exercise
- having a family history of high blood pressure

If your blood pressure is very high, your doctor is likely to prescribe you a medicine to control it and reduce your risk of having a heart attack or stroke.

When is blood pressure too high?

Two or more readings of **140/90** or over mean that you have high blood pressure and need to see your doctor.

You can find out your blood pressure by checking it yourself using a home blood pressure monitor, or by asking your practice nurse or pharmacist to check it.

5 things to help you prevent high blood pressure...

- be more active
- lose weight
- reduce salt in your diet
- drink less alcohol
- quit smoking

These changes can all reduce your blood pressure – sometimes by as much as if you were taking one blood pressure medicine!

And if you have a family history of high blood pressure, make sure you get yours checked regularly so that you and your doctor can work together to get it under control.

For more information visit www.bradfordshealthyhearts.co.uk

FIND OUT YOUR BLOOD PRESSURE NUMBERS TODAY!