

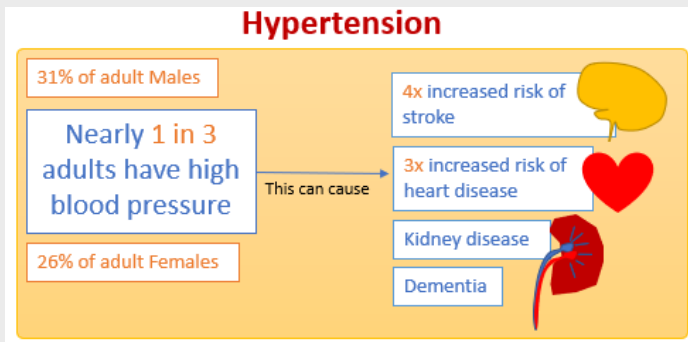
# HIGH BLOOD PRESSURE – DID YOU KNOW?

## High Blood pressure – did you know?

At Dukinfield Medical practice we are dedicated to improving your health and well-being. High blood pressure is common, but it often goes unnoticed and usually has no symptoms. Unfortunately, high pressure can put extra strain on your heart and vessels to your brain and other organs. This makes it one of the biggest risk factors for heart attacks and strokes.

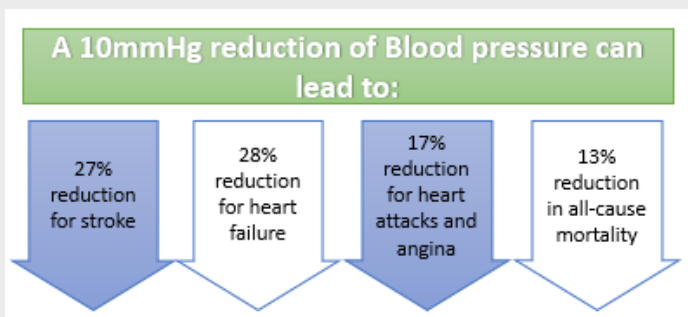
### Did you know:

We are currently encouraging more people to provide us with their blood pressure readings. So, if it is high we can help to do something about it. High blood pressure is simple to treat, yet getting it under control can be life-saving.



### BUT, the good news!

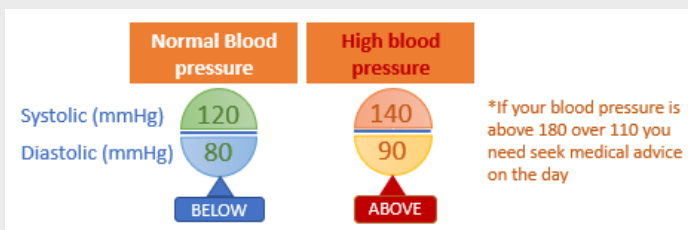
If your blood pressure is reduced by lifestyle changes, and in some cases simple medications, even a small reduction of 10mmHg can lead to this:



THIS is why it is so important to find out if your blood pressure is high, so we can work together to try and improve it and reduce your risks.

### Know What Your Numbers Mean

Blood pressure is the force of your blood moving against the walls of your arteries as your heart pumps.



So what can you do?

We are trying to encourage you to take your own blood pressure readings once a year and send them to our practice. Did you know you can check your readings in many ways? Here are just a few examples:

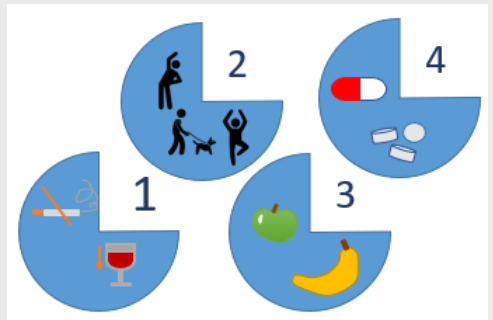
1. You can use our waiting room Blood pressure machine and hand the reading to reception.
2. You can take a reading using a home blood pressure device if you have one.
3. You can pop into your local pharmacy and take a reading there.

If you do take a reading, please email it to the practice with your details and the result, or alternatively hand the result to reception. It will help to inform whether we need to get any further readings or follow-up appointments with you to look further at your blood pressure.

### What can you do to help reduce your blood pressure?

There are lots of simple things you can do to start lowering your blood pressure today.

- Healthy Living – keeping to a healthy weight, stopping smoking and reducing alcohol are some of the best things you can do for your blood pressure.
- Getting active – simple activities such as walking, swimming, cycling and gardening are all great to get active and help to control your blood pressure.
- Healthy eating – aim for your five-a-day whilst cutting back on salt and saturated fats will help.
- Medications – sometimes medications are also helpful if the above measures are not enough to lower your Blood pressure to target levels.



### Where can I find more information?

- Blood pressure UK – [www.bloodpressureuk.org](http://www.bloodpressureuk.org)
- Your GP practice – if you are worried about your blood pressure, you can use the machine in reception to check your blood pressure, or book an appointment for a blood pressure check.

By Dr Burghel

