

# Blood Pressure Facts

## High Blood Pressure is called Hypertension

It affects one in four adults in UK

At least half of all those over age 50 are affected

**Half of all strokes and one in five heart attacks are caused by high blood pressure**

Some things put you at more risk:

- Having a family history of raised Blood Pressure
- African Caribbean or South Asian Ethnicity
- Having diabetes or kidney disease

**Hypertension rarely has symptoms, so it is often called the “Silent Killer”**

A third of people with high blood pressure don't know they have it

Many people only find out they have high blood pressure after having a stroke or a heart attack

## How to get your Blood Pressure Checked

- Using self measurement Blood Pressure machine available in some GP practices reception areas
- During routine appointments in GP practices
- At the Healthy Lifestyle Hub in Southwater One
- With the Healthy Lifestyle Advisor at your GP practice
- At some local pharmacies

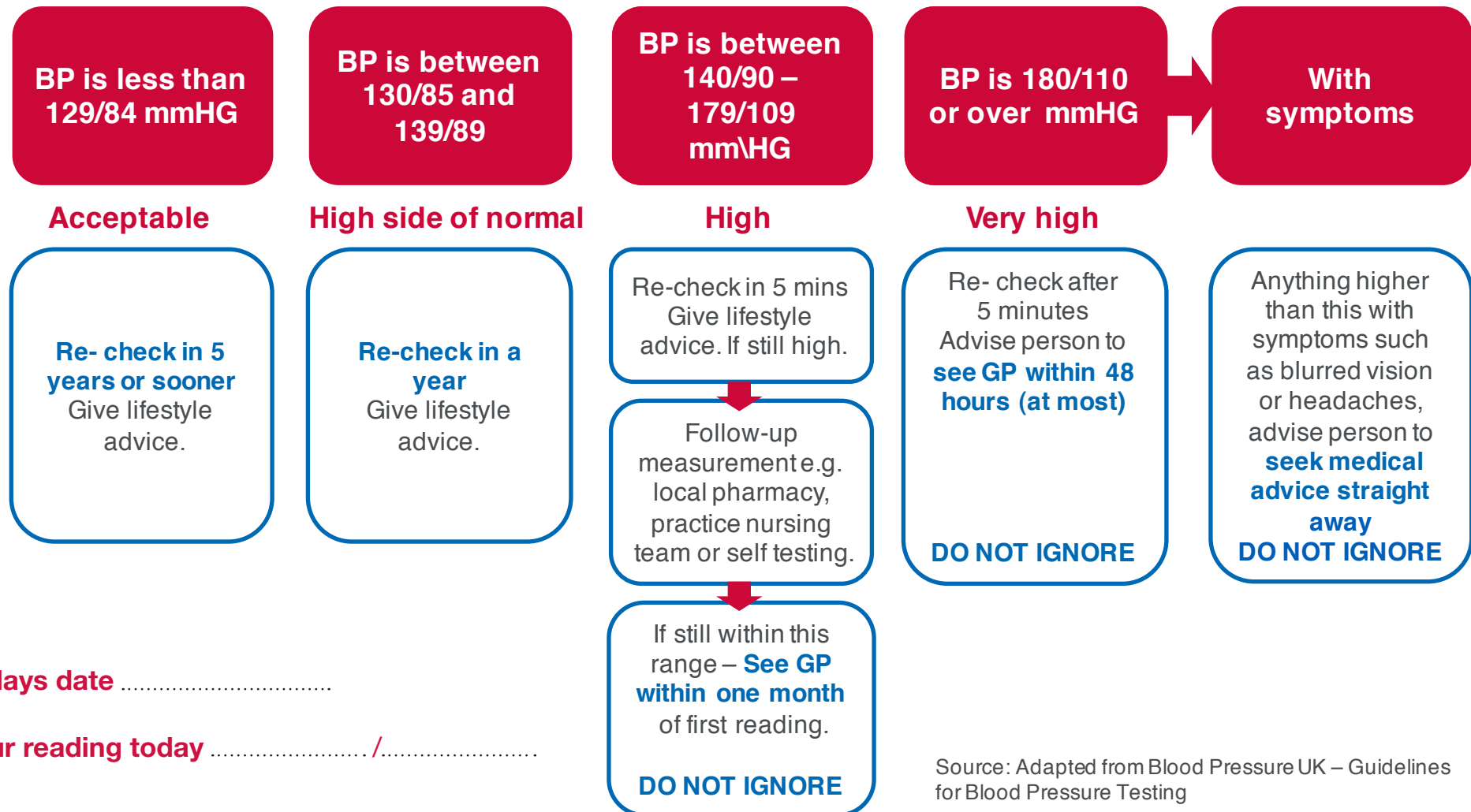
**Self testing** - British Hypertension Society recommend validated monitors for home use:

Go to their website BHS and use BP Monitors Tab or go direct to <http://bhsoc.org/bp-monitors/bp-monitors/for-home-use/>

## Don't Wait - Get It Checked

# Guidelines for BP measurement - Know Your Numbers

## Blood Pressure (BP) results



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Source: Adapted from Blood Pressure UK – Guidelines for Blood Pressure Testing