

Do you know your blood pressure?



What is high blood pressure?



Blood pressure is the force of blood against the walls of blood vessels (arteries) that carry blood away from your heart to other parts of your body. In a person, this actually varies with different activities, across the day and night, and from one day to another.



Consistently high blood pressure can lead to damage in the arteries and organs, and is a leading cause of stroke, heart disease and kidney disease.



Lowering blood pressure, by even just 5mmHg*, can significantly lower the chance of developing serious health problems like the ones mentioned above.

The reasons for developing high blood pressure are complex and can include lifestyle (e.g. diet and physical activity), genetic factors, and other medical conditions.

It is **IMPORTANT** you follow your doctor's advice. If you are prescribed a medicine to help treat your high blood pressure, it will not cure it, but it will help control your blood pressure. So it is important to take it every day as advised.

*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.

