

TAKE THE PRESSURE DOWN



In Australia, almost one in three Adults has high blood pressure and some may not know they have it.¹ You could be at greater risk of heart attack, heart failure, stroke or kidney disease.²

See your doctor and know your blood pressure. If your doctor finds that you have high blood pressure, they will discuss your blood pressure goal and lifestyle treatment options to ensure you reach your goal.

¹ Briganti E, et al. (2001). Untreated hypertension among Australian adults: the 1999-2000 Australian Diabetes, Obesity and Lifestyle Study (AusDiab). *Med J Aust* 2003; 179 (3): 135-9.

² National Heart Foundation Australia. (2004). *Hypertension Management Guide for Doctors*. December 2003.

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**Do you know your blood pressure?
Get your blood pressure checked today**