

Do you know your blood pressure?



Younger, otherwise healthy people with high blood pressure



Maintaining healthy blood pressure is important to reduce the chance of heart attack, stroke and dementia **later in life**.



Your doctor might recommend that you **check your blood pressure away from their clinic**, by using a home blood pressure monitor or a device that measures blood pressure over a 24hr time period.

Scan to download **blood pressure monitoring sheets** you can print at home.



Your doctor may **explore if there are specific causes** of high blood pressure or if there are changes to your organs, such as your kidneys, as a result.



Address factors that **may affect your blood pressure**:

- Alcohol consumption
- High salt intake
- Illicit drug use
- Over the counter medicines (such as anti-inflammatory drugs), including from the pharmacy, supermarket and health food store.

