

Do you know your blood pressure?

80% of strokes can be prevented



High blood pressure is the biggest risk factor for stroke. 1 in 2 strokes can be prevented by simply managing blood pressure.

High blood pressure can lead to a stroke by:

- Damaging blood vessel walls and making them weaker. These blood vessels can then burst, leading to a bleed in the brain.
- Causing blood clots or plaques to break off artery walls, which then block an artery in the brain.
- Causing the heart to beat irregularly which can lead to clots forming and travelling to the brain.

Help lower your blood pressure by following advice on improving diet and increasing physical activity.



If you have **had a stroke** or a **transient ischaemic attack*** (TIA) you are at risk of having another stroke or TIA, so it is **important that your blood pressure is well controlled**. If your doctor prescribes you blood pressure lowering medication – it is important to take it as directed by your doctor.



If you have **not had a stroke** or TIA, it is **important to regularly check your blood pressure** and if you have been prescribed blood pressure medications – take them as directed by your doctor.

*Transient ischaemic attack (TIA) occurs when the blood supply to your brain is blocked temporarily. The signs are the same as for a stroke, but they disappear within a short time. After a TIA, your risk of stroke is higher.

