

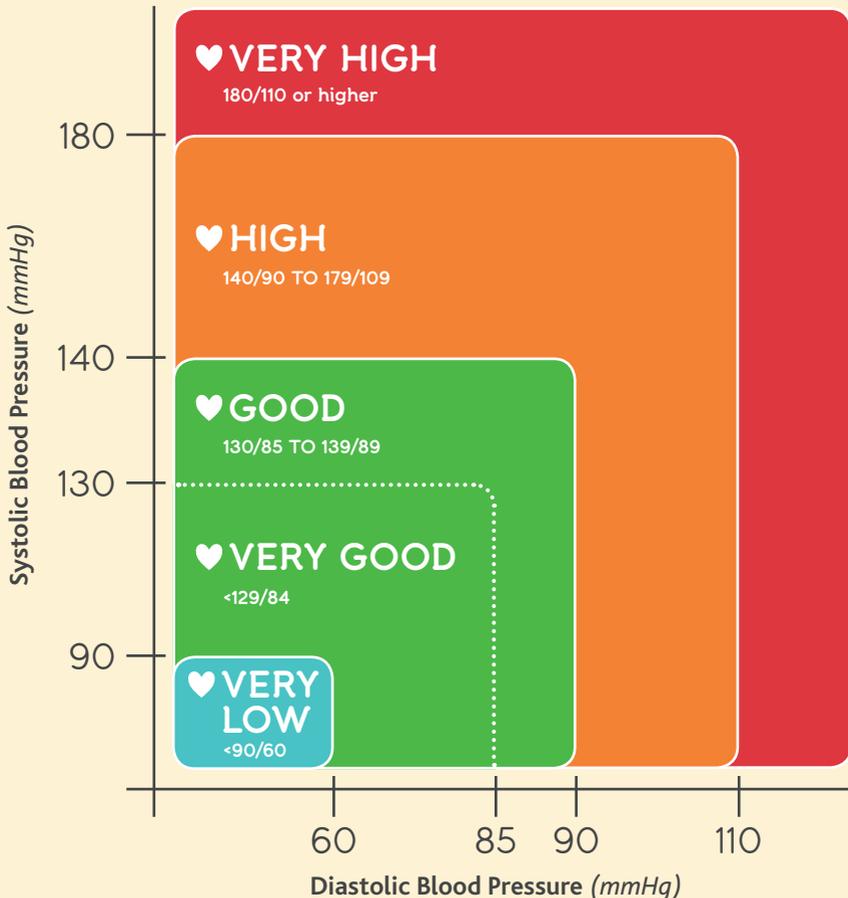
# Happy Hearts



Blood Pressure

## Know Your Blood Pressure

Intended for those aged 18 years +. Not for use in pregnancy. A diagnosis cannot be made with a single reading. BP targets may be lower if other conditions such as diabetes, chronic kidney disease or a history of stroke are present. A BP of less than 150/90 mmHg is generally acceptable in those aged over 80 years. This is intended as a general guide and does not replace the advice of the patient's clinician.



# How can I lower my blood pressure?

Next steps may include lifestyle changes, repeat BP check and/or medical review, depending on your BP reading today. For many people a few simple lifestyle changes can make all the difference, but medication may also be needed. Know your numbers and follow the advice given.



## Eat more fruit and vegetables

These are the best source of potassium in the diet, which helps to lower blood pressure. Try to eat at least five portions of fruit and vegetables a day. Don't forget that frozen, canned and dried varieties count too.



## Eat less saturated fat

A low fat diet and a healthy cholesterol level help to keep your heart happy.



## Lose weight if you need to

If you lose the excess weight you will probably find that your blood pressure reduces.



## Medication

Some people will also need to take medication prescribed by their doctor to lower their blood pressure. Today's blood pressure tablets are very effective and can reduce your risk of stroke and heart attack.



## Eat less salt

An adult should eat less than 6g of salt a day. 75% of the salt we eat is "hidden" in our foods - make sure you check food labels for salt content and don't add it to your food.



## Drink alcohol in moderation

Men and women are advised not to drink more than 14 units\* a week on a regular basis and to spread this over three or more days.

\*see [www.nhs.uk](http://www.nhs.uk) for information on alcohol guidance



## Be active

Aim for half an hour of exercise on five days of the week. The exercise needs to make you breathe faster and warm you up.



## Stop smoking

To reduce your risk of heart attack or stroke.

Happy  
Hearts 

Know Your Numbers! Further information:



On high blood pressure and keeping your heart happy can be found at:  
[www.happy-hearts.co.uk](http://www.happy-hearts.co.uk)

Blood Pressure UK 020 7882 6255  
[www.bloodpressureuk.org](http://www.bloodpressureuk.org)  
[www.nhs.uk](http://www.nhs.uk) (search for 'blood pressure')

On nearby health and wellbeing services:  
[www.mecc-moments.co.uk](http://www.mecc-moments.co.uk)