

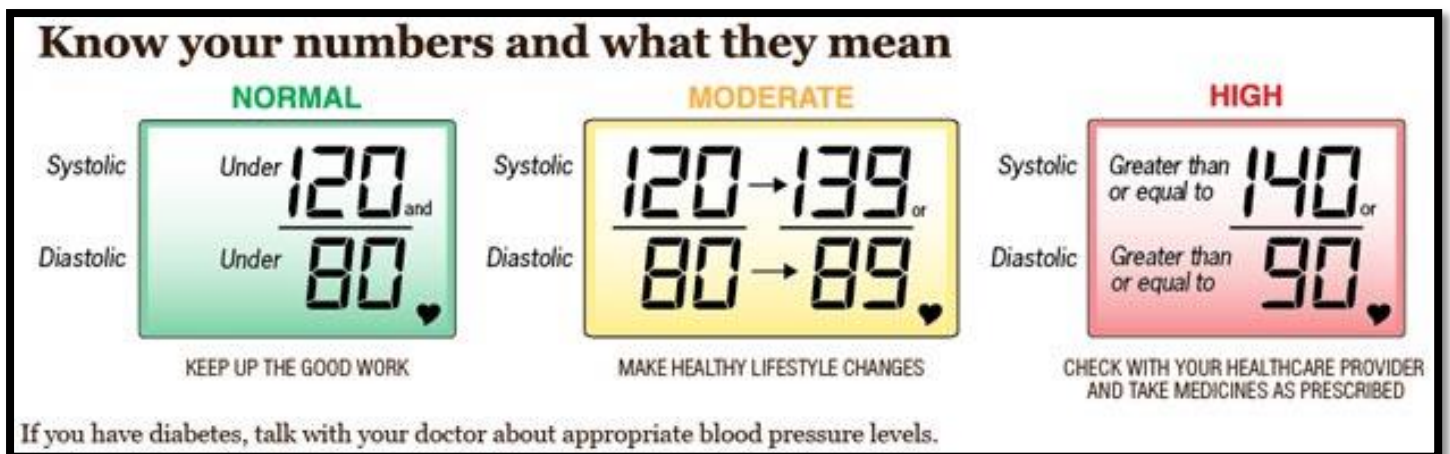
BLOOD PRESSURE

High blood pressure is often called the 'silent killer'. This is because one in five adults has high blood pressure (hypertension), yet most don't know it. Unfortunately, there are usually no warning signs to alert you that your blood pressure is too high, so the only way to find out is to have it measured by a doctor, nurse or health professional. By lowering your blood pressure you can reduce your risk of heart disease and stroke.

What is Blood Pressure?

- ♥ Blood pressure is the measure of how hard your heart has to work to pump blood around the body.
- ♥ A blood pressure reading gives two numbers, for example 130/80. The **TOP # (120) is the systolic pressure**, the peak pressure in your arteries when the heart contracts (beats). The **BOTTOM # (80) is the diastolic pressure**, the pressure in your arteries when the heart rests between beats. Both numbers are important.

An ideal blood pressure for most people is less than 120/80.



What Affects Your Blood Pressure?

It is normal for your blood pressure to increase during physical activity or when you are excited, angry or afraid. These are usually short-lived episodes. However, long periods of high blood pressure at rest are a cause for concern! If this does pertain to you, you should consult your doctor immediately.

