

Treatment

High blood pressure needs to be closely monitored until it is brought under control.

Your doctor will usually suggest changes to your lifestyle and – potentially – medication to achieve this.

There is a wide range of medicines available and it can take time to find the right medication for you. You can have your blood pressure monitored by your GP, practice nurse or local pharmacy.

Alternatively, your Occupational Health Department will be able to check it for you.

Date/time	Blood pressure reading	Pulse

Need more help?

Get more information and advice on dealing with high blood pressure on these handy websites:

Blood Pressure Association
www.bpassoc.org.uk

NICE clinical guideline 127
www.nice.org.uk/guidance/cg127

NHS Smoking Helpline
www.gosmokefree.nhs.uk

British Heart Foundation
www.bhf.org.uk

Blood Pressure



Blood Pressure

One in three adults in the UK has high blood pressure, which can also be known as hypertension.

What is blood pressure?

High blood pressure is known as the silent killer. Most people do not realise they have it until something bad happens.

Blood pressure measures how strongly the blood presses against the walls of your arteries as your heart pumps it around your body.

If this pressure is too high, it puts strain on your arteries and heart, making you more likely to suffer a heart attack, stroke or kidney disease.

Every day, 350 people have a preventable stroke or heart attack caused by the condition.



Diagnosing high blood pressure

If tests reveal you have high blood pressure, then regular monitoring can be used to help confirm a diagnosis. Home blood pressure monitoring may also be advised.



Who's at risk?

You are at increased risk of high blood pressure if you:

- Are overweight
- Have a relative with high blood pressure
- Are of African or Caribbean descent
- Eat a lot of salt
- Don't eat enough fruit and vegetables
- Don't do enough exercise
- Drink a lot of coffee (or other caffeine based drinks)
- Drink a lot of alcohol
- Smoke
- Are aged 65 or older



If you fall into any of these groups, consider making changes to your lifestyle to lower your risk of high blood pressure – and have your blood pressure checked more often.