On ................................ your blood pressure was ................................. mm/Hg

So, what does that mean?
Your ideal blood pressure depends on lots of things, including your age.
For more info visit www.bloodpressureuk.org

The top number
Systolic blood pressure. The highest pressure – when your heart pumps.
The bottom number
Diastolic blood pressure. The lowest pressure – when your heart relaxes.

Give those blood vessels some love
1. Eat less salt
2. Eat more fruit and veg
3. Keep a healthy weight
4. Drink less alcohol
5. Get more active

Remember to visit your GP regularly to keep an eye on your blood pressure.

And today’s magic number is...

FEELING THE PRESSURE?

180 or above
110
80
90
60
40
70 or below

Average
Pre-high
High
Very high

1.  Eat less salt
2.  Eat more fruit and veg
3.  Keep a healthy weight
4.  Drink less alcohol
5.  Get more active

Information on blood pressure
Developed by City University London to support a pop-up pilot study investigating health in the high street.
Sometimes we all feel life’s pressures. But there are some really important pressures in your body that you don’t feel. This leaflet is all about one of those pressures.

**Crankin’ up the pressure**

Blood pressure changes over time. It’s affected by things like what you eat and drink, and how much exercise you do. If blood pressure gets higher than it should be, it puts strain on your blood vessels and heart.

**High blood pressure can damage your blood supply, blood vessels and organs. It can seriously affect your general health, and could mean heart attack or stroke.**

**High blood pressure can mean...**
- eye problems
- stroke and dementia
- heart failure or attack
- kidney disease
- arms and legs don’t move properly
- erection problems (for gents)
- complications in pregnancy (for ladies)

**Check it out**

Even if blood pressure gets a little bit higher, your risks can get a lot bigger. The only way to know your blood pressure is to have it checked regularly.

A blood pressure reading has two numbers – one on top of the other like this:

120 \( \text{mmHg} \)

115
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High blood pressure of

\[ \frac{135}{85} \]

is twice as likely to have a heart attack or stroke

It’s good to get your blood pressure checked regularly.

Someone with a blood pressure of

\[ \frac{115}{75} \]