

Do you know your blood pressure?



What is high blood pressure?



Blood pressure (BP) is the force of blood against the walls of blood vessels (arteries) that carry blood away from your heart to other parts of your body. This varies with different activities, across the day and night, and from one day to another.



Consistently high BP can lead to damage in the arteries and organs, and is a leading cause of stroke, heart disease, and kidney disease.



Lowering your BP, by even just 5mmHg*, can significantly lower the chance of developing serious health problems like the ones mentioned above.

The reasons for developing high BP are complex and can include lifestyle factors such as diet and physical activity, genetic factors, and other medical conditions.

It is important you follow your doctor's advice. If your doctor prescribes a medicine to help treat your high BP it is important to take it every day as advised and to monitor your BP regularly.

*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.



For more information google 'High Blood Pressure Servier'.

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