

# Do you know your blood pressure?



## Managing high blood pressure in older people



As people age, management of high blood pressure (BP) can be a bit of a balance. It is important to follow your doctor's advice as strokes and heart attacks can be prevented by managing high BP.

In fact, in the elderly, a lower BP target may provide greater protection from strokes and heart attack.

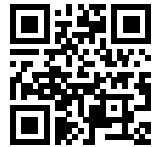


When trying to lower your BP, your doctor may want to monitor it more closely.

Checking your blood pressure at home may be helpful.

Ask your doctor or pharmacist for help choosing an accurate\* home BP machine.

Scan to download  
BP monitoring sheets  
you can print at home:



Reducing BP with medicine has been shown to lower the chance of developing dementia or problems with memory, learning, and concentration.

\* For a list of accurate blood pressure monitors, go to [www.stridebp.org/bp-monitors](http://www.stridebp.org/bp-monitors)



For more information google 'High Blood Pressure Servier'.

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