

Do you know your blood pressure?



High blood pressure in younger & otherwise healthy people



Maintaining healthy blood pressure (BP) is important to reduce the chance of heart attacks, strokes, and dementia later in life.



Your doctor might recommend that you check your BP away from their clinic, by using a home BP monitor or a device that measures BP over a 24hr time period.

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



Your doctor may explore if there are specific causes of high BP or if there are changes to your organs such as your kidneys as a result.



Address factors that may affect your blood pressure:

- Alcohol consumption
- High salt intake
- Illicit drug use
- Over the counter medicines (such as anti-inflammatory drugs), including from the pharmacy, supermarket and health food store.



For more information google 'High Blood Pressure Servier'.

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