

# What's Your Blood Pressure?

	<b>Blood Pressure Readings</b>	<b>Who to see?</b>	<b>How soon?</b>
<b>Dangerously High</b>	210/110 230 systolic 120 diastolic	A+E	Same day
<b>Very High</b>	Above 180/110	GP or Practice Nurse	Within 2 days
<b>High</b>	Between 160/100 - 180/110	GP or Practice Nurse	Within 2 weeks
<b>Raised</b>	140/90 - 160/100	GP or Practice Nurse	Within 4 weeks
<b>Normal</b>	Below 140/90		
<b>Low</b>	90/50 or below	GP/Practice Nurse if symptoms e.g dizziness, fainting	

**Today My Reading Was:** \_\_\_\_\_ / \_\_\_\_\_ **Date:** \_\_\_\_\_



# These Things Could Help To Reduce Your Blood Pressure:



**Lose Weight** - Every 1kg of weight lost can reduce your blood pressure by 2mmhg

**Eat A Balanced Diet** - A healthy, low salt diet reduces the risk of diabetes and high blood pressure

**Get Active** - Physical activity can increase your lifespan by 5 years

**Stop Smoking** - Quitting smoking reduces your chance of a heart attack and stroke

**Drink Less Alcohol** - Drink no more than the recommended 14 units a week to reduce your risk of high blood pressure

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Life  
Suffolk**

For further help to reduce your blood pressure  
contact our friendly team  
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