

What's raising your BLOOD PRESSURE?

5 MILLION 

people in England are unaware they have high blood pressure

High blood pressure affects more than

1 in 4
adults



What is high blood pressure?

It's a common condition in which the force of blood against your artery walls is too high. This can lead to other health problems



If you are over 40 have a check every
5 YEARS



High blood pressure

increases your chance of having a heart attack or stroke

What is a high reading?

Anything over 140/90

You can have high blood pressure for years

WITHOUT 
any symptoms

What can you do?

- ▶ Lose weight
- ▶ Stop smoking
- ▶ Exercise more
- ▶ Eat a healthy diet low in salt
- ▶ Cut down on alcohol



Want help with any of these?

Contact us on 01473 718193
or email the team at info@onelifesuffolk.co.uk
www.onelifesuffolk.co.uk