

And today's magic number is...

On your blood pressure
was mm/Hg

The top number
Systolic blood pressure. The highest pressure – when your heart pumps.
The bottom number
Diastolic blood pressure. The lowest pressure – when your heart relaxes.

So, what does that mean?

Your ideal blood pressure depends on lots of things, including your age.

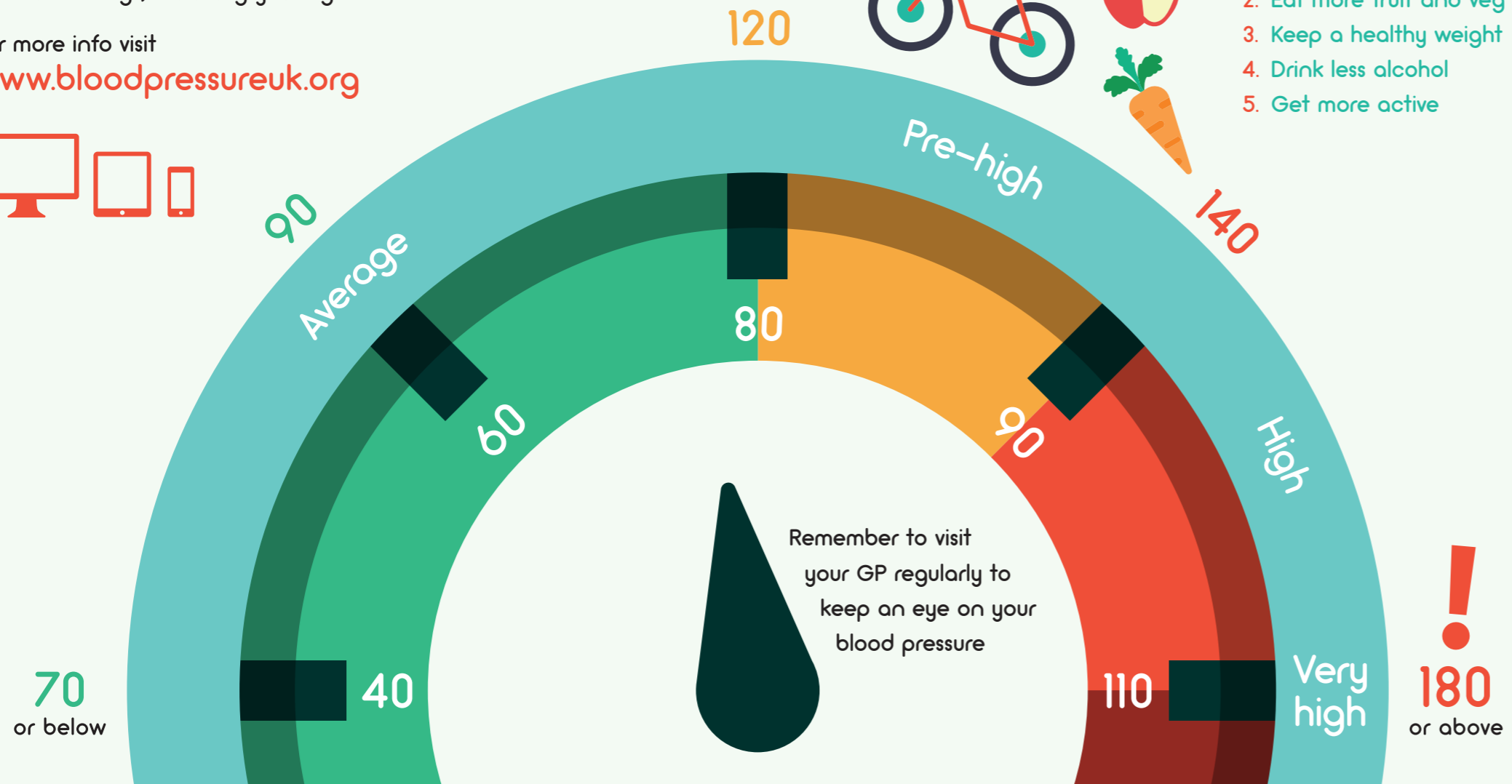
For more info visit
www.bloodpressureuk.org



Give those blood vessels some love



1. Eat less salt
2. Eat more fruit and veg
3. Keep a healthy weight
4. Drink less alcohol
5. Get more active



Remember to visit your GP regularly to keep an eye on your blood pressure



That funny old thing called life

Sometimes we all feel life's pressures. But there are some really important pressures in your body that you don't feel. This leaflet is all about one of those pressures.

When your heart beats, it pumps blood through your blood vessels. The force of the blood pushing inside your vessels is your blood pressure.

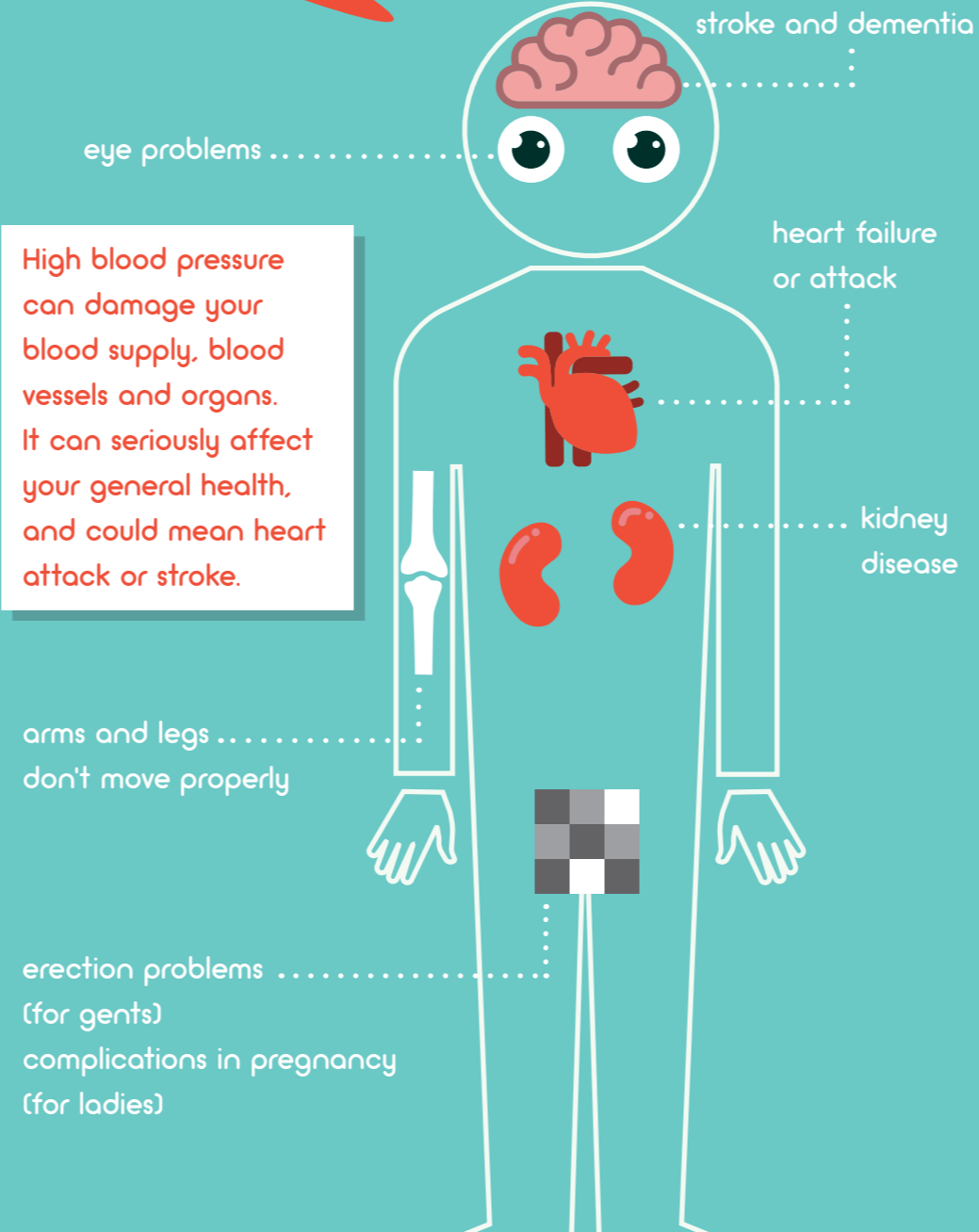
Crankin' up the pressure

Blood pressure changes over time. It's affected by things like what you eat and drink, and how much exercise you do.

If blood pressure gets higher than it should be, it puts strain on your blood vessels and heart.

Is it serious, doc?

High blood pressure can mean...



Check it out

Even if blood pressure gets a little bit higher, your risks can get a lot bigger. The only way to know your blood pressure is to have it checked regularly.

A blood pressure reading has two numbers – one on top of the other like this:

$\frac{120}{80}$ mmHg

