Your NHS blood pressure check

**Thank you for having your blood pressure checked at the pharmacy.**

**Why get your blood pressure checked?**

* High blood pressure, also called hypertension, is a condition which can be controlled to reduce your risk of a heart attack, stroke or other cardiovascular disease.
* In the UK there are about five million adults (one in every nine) who have high blood pressure without even knowing it, since high blood pressure itself rarely causes symptoms.
* The British Heart Foundation estimates that high blood pressure causes over 50% of heart attacks and strokes.

**High blood pressure – know your numbers**

Blood pressure is the force of your blood moving against the walls of your arteries. It is expressed as two numbers, one above the other:

**Your blood pressure reading:**

**Date:**

**For general healthy living and high blood pressure information visit:**

www.nhs.uk/conditions/high-blood-pressure-hypertension/

**Pharmacy details:**

www.bloodpressureuk.org/

www.bhf.org.uk/informationsupport/risk-factors