



HYPERTENSION

Bromley

Well

HEALTH FACT SHEET

Updated July 2024

What is Hypertension?

Hypertension is High Blood Pressure.

Blood pressure is recorded with two numbers. The higher number measures the force at which your heart pumps blood around your body and is known as systolic pressure. The lower number is the resistance to blood flow in the blood vessels known as diastolic pressure. Both are measured in millimetres of mercury (mmHg)

In the UK, more than 1 in 4 adults have high blood pressure. Many people are unaware that their blood pressure is too high because hypertension rarely has noticeable symptoms.

What are the symptoms?

Most people with High Blood Pressure do not experience symptoms but some do experience:

- Headaches due to increased in smaller blood vessels.
- Shortness of Breath
- Nosebleeds
- Anxiety

If you do start to experience new symptoms, especially severe headaches, shortness of breath or chest pains you should contact a healthcare provider.

What are the causes?

It is not always clear what causes high blood pressure but your risk is increased if you:

- Eat too much salt and don't eat enough fruit and vegetables
- Don't do enough exercise
- Drink too much alcohol or coffee (or other caffeine-based drinks)
- Smoke
- Don't get much sleep or have disturbed sleep
- Are over the age of 65
- Are overweight

What about treatment?

Healthy lifestyle changes that can help lower your blood pressure:

- Eat less salt (Limit your salt intake to 6g/day)
- Eat a balanced, healthy diet
- Be physically active
- Cut down on alcohol and caffeine based drinks
- Stop smoking
- Try to get a good night's sleep
- Blood pressure medication through your doctor - do not stop taking these without contacting your medical professional

HOW TO KEEP TRACK OF YOUR BLOOD PRESSURE

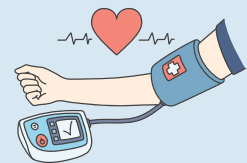
You can check your blood pressure yourself with a home blood pressure monitor. Your local pharmacist can signpost you to where to get one.

If you don't feel comfortable checking your blood pressure yourself, you can get your blood pressure checked:

- Some pharmacies
- During a NHS Health Check
- In some workplaces
- At your GP surgery

You should also be checked for low blood pressure if you are having:

- Light headedness or dizziness, Fainting
- Blurred vision
- Feeling sick
- Confusion
- Generally feeling weak



Blood Pressure Information

- Normal Blood pressure is between 120/80 mmHg or less
- High blood pressure is 140/90mmHg or higher
- Low blood pressure is considered to be 90/60mmHg or lower

To register with Bromley Well:

Freephone 0808 278 7898

Or register online:

www.bromleywell.org.uk/refer

Contact Lifestyle Support direct

07985 431484 / 07985 444210

or email

enquiry@bromleywell.org.uk



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FURTHER RESOURCES

British Heart Foundation

**Help Line: 0808 802 1234 and
0300 330 3311**

Email: heretohelp@bhf.org.uk

A national charity providing information and advice for the public and for health professionals. A really useful site containing lifestyle advice, the latest research and information about tests and treatments. Also has information on local support groups.

Blood Pressure UK

Help Line: 0207 882 6218

National charity providing information about how to check your blood pressure and what the results mean and advice about lifestyle changes and medication. Online forum available.

BDA Fact Sheet Hypertension

The Association of UK Dietitians fact sheets containing diet advice for people living with hypertension and tips for managing the condition.

NHS Approved Apps Healthy Living

Links to NHS approved Apps designed to support you in making healthy lifestyle changes.

NHS Live Well

NHS Live Well pages have information on topics such as maintaining a healthy weight, sleeping well, drinking sensibly and looking after your mental and emotional wellbeing

References: NHS conditions <https://www.nhs.uk/conditions/high-blood-pressure-hypertension/> British Heart Foundation Hypertension Tips <https://www.bhf.org.uk/information-support/heart-matters-magazine/research/blood-pressure/blood-pressure-tips> Public Health England <https://www.gov.uk/government/publications/health-matters-combating-high-blood-pressure/health-matters-combating-high-blood-pressure>

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