



Heart
Foundation®

Heart Week 30 April – 6 May 2017



High blood pressure is one of the main risk factors for heart, stroke, kidney and blood vessel disease.

You won't know you have high blood pressure until you have it checked. There are no signs and symptoms.

The good news is that high blood pressure, or hypertension, can be controlled. Your health professional can work on a management plan right for you.

Why are blood pressure checks important?

Blood pressure is the pressure of blood on the walls of the arteries as the heart pumps it around the body. It naturally goes up and down all the time adjusting to the heart's needs and what you're doing.

Your health professional takes your blood pressure to check it is at a normal healthy level. The top number refers to the amount of pressure in your arteries during contraction of your heart muscle. This is called systolic pressure. The bottom number refers to your blood pressure when your heart muscle is between beats. This is called diastolic pressure.

Keep track of your blood pressure

Give this card to your health professional each time you see them to have your blood pressure measured. Use this record to talk to your about your results.

Date and time	Systolic BP	Diastolic BP	Comments

Measuring your blood pressure at home

If you have high blood pressure, your GP or health professional will suggest you monitor your blood pressure at home. The Heart Foundation has a guide to measuring blood pressure at home at heartfoundation.org.au/bloodpressure.

Top five tips to lower your blood pressure

- Maintain a healthy body weight
- Try and be active every day – joining your local walking group is a great start
- Limit the amount of alcohol you drink
- Decrease your salt intake
- Eat more fruit and vegetables

For more information on blood pressure visit heartfoundation.org.au