



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.

Speak to your doctor today about checking your blood pressure and keeping it heart-healthy.

Why is my blood pressure measure 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. A blood pressure reading between 120/80mmHg to 139/89mmHg is in the normal to high normal range.

If your readings are higher, you may be diagnosed with high blood pressure, or hypertension. This condition has no signs or symptoms but can lead to heart disease, stroke, kidney and blood vessel disease.

You can lower your numbers

The good news is you can reduce your blood pressure. Your health practitioner can work with you on a plan to manage your blood pressure which may include more exercise, a change in diet, lifestyle changes and, in some cases, medication.

So this Heart Week get your blood pressure checked, know your results and take action if your numbers are high.

Visit the Heart Foundation's website for great tips and resources on lowering your blood pressure and keeping your heart healthy.

[heartfoundation.org.au /heartweek](http://heartfoundation.org.au/heartweek)