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# HYPERTENSION AWARENESS

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## WORLD HYPERTENSION AWARENESS DAY 17TH MAY 2022

Hypertension is the medical term for high blood pressure. When you have high blood pressure, your heart has to work harder to pump the blood around your body. It is important not to ignore these symptoms as high blood pressure can lead to heart and circulatory diseases like heart attack or stroke. It can also cause kidney failure, heart failure, problems with your eyesight and vascular dementia.

Around one in three adults in the UK has high blood pressure and is responsible for more than half of all strokes and heart attacks. It is imperative that you are aware of the risks as high blood pressure rarely shows any symptoms and getting your blood pressure measured is the best form of early detection.

### **How can you reduce the chance of developing Hypertension....**

Quit smoking this will improve your overall health as well as reducing your risk of a heart attack and stroke.

Change the way you eat, reduce your foods that contain a higher level of saturated fats and increase your grains, fruit, vegetables and low fat dairy products.

Make exercise part of your regular activities, this will strengthen your heart.

Learn ways to reduce and manage your stress levels, check out our other posts on stress awareness and management.

Control your cholesterol levels, by eating healthier and exercising, you may also have a genetic cholesterol problem and need to take medication.

A high alcohol consumption can increase your blood pressure as well as increasing your calorie intake.

If you are diabetic it is important to manage your disease well. Having diabetes increases your risk of heart disease.

Get a good nights sleep, most adults need between 7 and 9 hours to reduce the risk of high blood pressure.

Most importantly make sure you get your blood pressure checked at least once a year. You can do this yourself, book a private GP appointment or find out more about the; know your numbers campaign by visiting <https://www.bloodpressureuk.org/know-your-numbers/find-your-nearest-free-blood-pressure-check/>

To book a Private GP or Cardiology Consultation call the team on 0121 308 7774 or email [admin.team@suttonmed.co.uk](mailto:admin.team@suttonmed.co.uk) for more information.