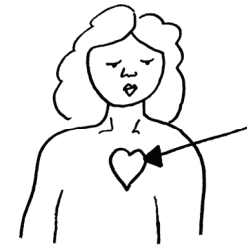




For Further
information or help
See your Doctor or
Practice Nurse

What is Blood Pressure ?

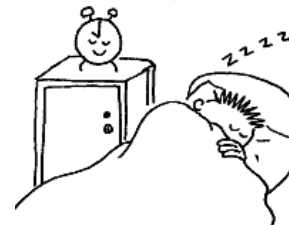


Your heart pumps
blood
around your body.

The force which
pumps blood is called
Blood Pressure .



Your blood pressure
changes if you do
exercise or get
excited.



When you are asleep
it slows down or gets
lower.

Produced by:



Adult Learning Disability Division (Health)
Mytton Oak
Royal Shrewsbury Hospital (North)
Shrewsbury
SY3 8XQ



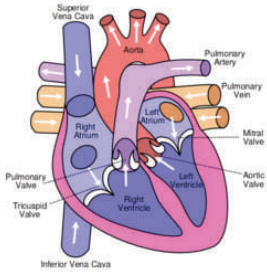
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Pictures from Changes picture bank

ALDD/072 review April 2007

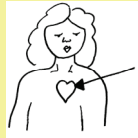
What is High Blood Pressure ?

When you have High Blood Pressure it can cause problems with your health.



What can you do to help keep your blood pressure lower?

?



Do not smoke as this can cause heart disease and cancer.



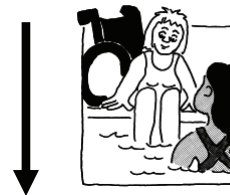
If you are overweight it can put a strain on your heart. Try to lose weight.



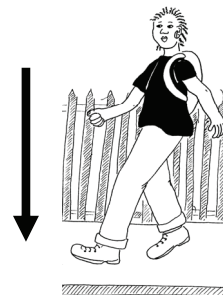
Eat fruit and vegetables everyday. 5 portions is best.



Try to cut down on how much salt you eat and do not drink too much alcohol.



Do more exercise such as walking, dancing, swimming . Do not do too much, take it slowly .



It can also help you lose weight.