

# Joydens Wood Pharmacy

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## Opening Times

Monday 9am - 6.30pm  
Tuesday 9am - 6.30pm  
Wednesday 9am - 6.30pm  
Thursday 9am - 6.30pm  
Friday 9am - 6.30pm  
Saturday 9am - 4.00pm  
Closed for Lunch 1pm - 2pm

## Your FREE Healthy Living Leaflet for February 2018

1. What is high blood pressure?
2. How many adults in the UK have high blood pressure?
3. What happens if you have high blood pressure?
4. How can I find out if I have high blood pressure?
5. What causes high blood pressure?
6. Name 3 things that can increase your risk.
7. What is systolic pressure?
8. What is diastolic pressure?
9. What are the symptoms of high blood pressure?
10. How often should you have your blood pressure checked?

Is Blood Pressure effecting your health ?



Answers on the bottom of page two

## What is Blood pressure?

About 25% of the adult population in the UK have high blood pressure. Blood pressure is measured in millilitres of mercury (mmHg) and is given as two figures:

- ◆ Systolic pressure – the pressure when your heart pushes blood out
- ◆ Diastolic pressure – the pressure when you heart rests between beats

For example, if your blood pressure is “140 over 90” or 140/90mmHg it means you have a systolic pressure of 140mmHg and a diastolic pressure of 90mmHg. As a general guide, high blood pressure is 140/90mmHg or higher (or an average of

135/85mmHg at home).

Ideal blood pressure is between 90/60mmHg and 120/80mmHg or lower. A blood pressure of between 120/80mmHg and 140/90mmHg could mean you're at risk of high blood pressure if you don't take steps to keep it under control. Healthy adults should have their blood pressure checked at least once every five years.

## What causes high blood pressure?

In most cases it's not clear exactly what causes high blood pressure but there are several things that can increase your risk:

- ◆ Your age
- ◆ A family history of high blood pressure
- ◆ Being of African or Caribbean origin
- ◆ A high amount of salt in your diet
- ◆ A lack of exercise



- ◆ Being overweight
- ◆ Regularly drinking large amounts of alcohol
- ◆ Smoking
- ◆ Long term sleep deprivation

## What happens if you have high blood pressure?

If your blood pressure is too high, it puts a strain on your blood vessels, heart and other organs such as your brain, kidneys and eyes.

Persistent high blood pressure can increase your risk of some serious and potentially life-threatening conditions such as:

- ◆ Heart disease
- ◆ Heart attacks
- ◆ Strokes
- ◆ Heart failure
- ◆ Peripheral heart disease
- ◆ Aortic aneurysms
- ◆ Kidney disease
- ◆ Vascular dementia.

If you have high blood pressure, reducing it even a small amount can help lower your risk of these conditions. As high blood pressure produces no day to day symptoms, the only way of knowing whether you have it, is to have a blood pressure test. Your GP surgery and many pharmacies can measure your blood pressure for you.

## How can I reduce my blood pressure?

The following life styles changes can prevent and lower high blood pressure:

- ◆ Reduce the amount of salt you eat to less than 6g a day and generally eat a healthy diet
- ◆ Lose weight if you are overweight – losing just a few pounds will make a big difference to your blood pressure
- ◆ Exercise regularly – at least 150 minutes per week.
- ◆ Cut down on caffeine – more than

- ◆ four cups a day may increase your blood pressure
- ◆ Stop smoking
- ◆ Try to get at least six hours sleep a night
- ◆ Limit your alcohol intake – a maximum of 14 units per week and spread your drinking over at least 3 days

If your blood pressure is consistently above 160/100mmHg you will be offered medication to keep your blood pressure under control. The medication recommended for you at first will depend on your age and ethnicity:

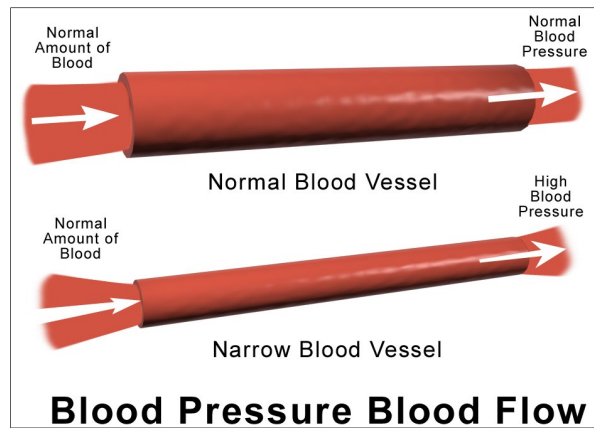
◆ If you are under 55 you'll usually be offered an ACE inhibitor e.g. enalapril, lisinopril, ramipril or an angiotensin-2 receptor blocker (ARB) e.g.

candesartan, irbesartan, losartan

◆ If you are over 55 or you are any age and of African or Caribbean origin you'll usually be offered a calcium channel blocker e.g. amlodipine, felodipine, nifedipine.

It's very important that you take your medications as directed. If you miss doses, it won't work as effectively. The medication won't necessarily make you feel any different, but this doesn't mean it isn't working.

**If you would like to know more about your blood pressure, especially if you are already on medication, contact us for a chat**



**Blood Pressure Blood Flow**

Answers: Q1, High blood pressure is 140mmHg or higher. Q2, 25%. Q3, It puts extra strain on your blood vessels, heart and other organs. Q4, By having your blood pressure checked at your GP surgery or local pharmacy. Q5, It is not clear but certain things can increase your risk. Q6, Being over 65, overweight or of African descent, having a relative with high blood pressure, eating too much salt, not doing enough exercise, drinking too much caffeine, smoking, not getting enough sleep. Q7, This is the force at which your heart pumps blood around your body. Q8, This is the resistance to the blood flow in your blood vessels. Q9, High blood pressure doesn't usually have any symptoms. Q10, Healthy adults over 40 should have their blood pressure checked at least once every 5 years.