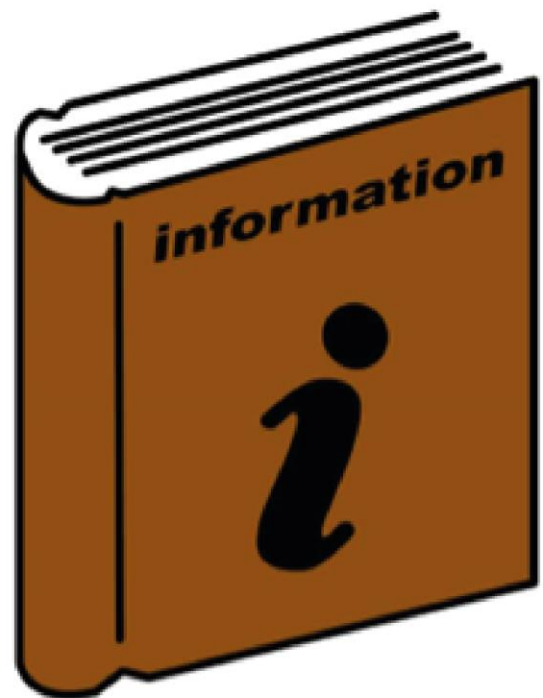


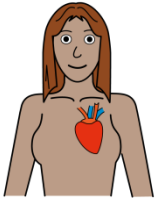
Blood Pressure

Easy Read information



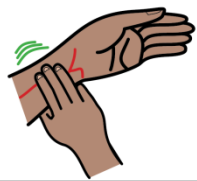
What is Blood Pressure?

heart

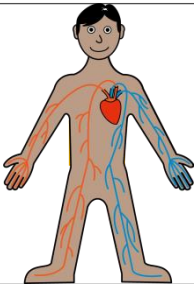


Your heart is a muscle that pumps blood around your body.

pulse

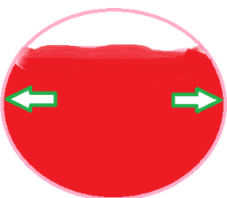


When your heart beats, the blood is moving. This is called your pulse.

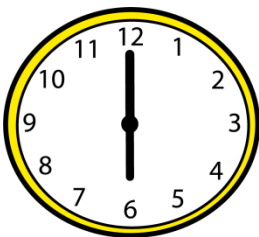


Blood is sent to every part of your body through tubes called arteries.

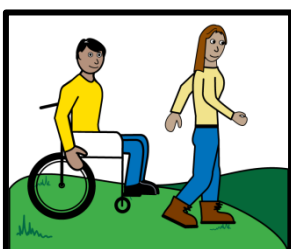
arteries



The blood presses on the sides of the arteries when it moves. This is called blood pressure.

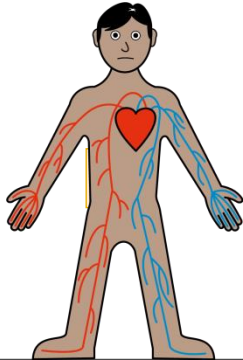


Your blood pressure changes throughout the day.

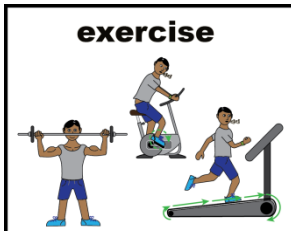


It is normal for your blood pressure to go up when you are moving around.

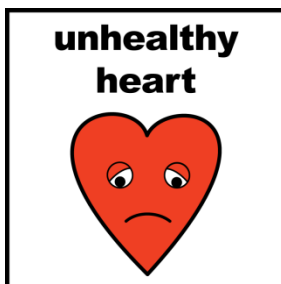
What is high blood pressure?



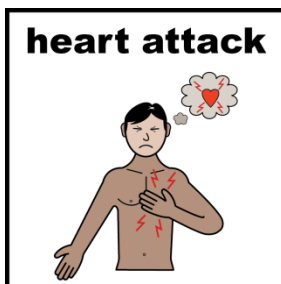
High blood pressure means your heart has to work harder to pump blood around your body.



It is normal to have high blood pressure when you exercise or if you are excited.

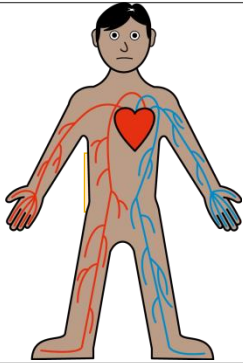


But if you have high blood pressure all the time, this can cause problems.



High blood pressure can cause heart attacks or strokes if it is not treated.

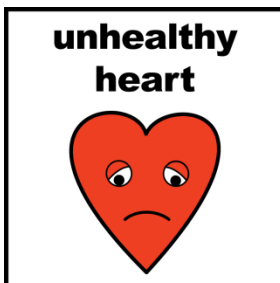
What is low blood pressure?



Low blood pressure means the blood is not being pumped around the body like it should.



It is normal to have low blood pressure when you are relaxing or you are asleep.



But if you have low blood pressure all the time, this can sometimes cause problems.



Low blood pressure does not always mean you are unhealthy.

But if you feel dizzy or faint, you should go to your doctor.

To keep your heart healthy, you should

stop smoking



Stop smoking.

fruit



Eat 5 fruits or vegetables everyday.

salted nuts



Eat less salty foods.

full fat milk



Eat less fatty foods.



Don't drink too much alcohol.

swimming



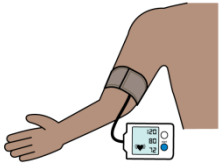
Do more exercise such as dancing, walking and swimming.

doctor



If you are worried about your blood pressure, go to your GP.

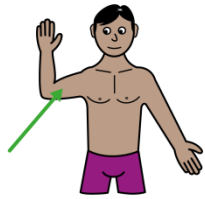
blood pressure



They can do a quick test to check your blood pressure.

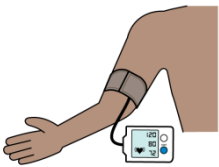
The blood pressure test

arm



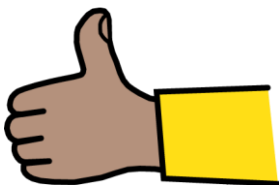
The nurse or doctor will put a cuff on your arm.

blood pressure



The cuff will fill with air.

It might feel a bit tight on your arm.



After a few seconds, the machine will beep.

This means the test is over.

doctor and nurse



The nurse or doctor will take the cuff off and tell you what your blood pressure is.



Further information is available from:



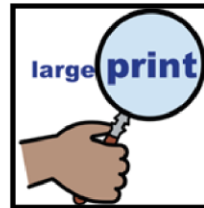
Patient Advice and Liaison Service (PALS)
Royal Shrewsbury Hospital: 0800 7830057
Princess Royal Hospital: 01952 6414679



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