How can I lower my blood pressure?

You can lower your blood pressure by changing your lifestyle and, if necessary, by taking medication as directed by your doctor.

Everyone can lower their blood pressure by making a few simple lifestyle changes.

Eat more fruit and vegetables



These are the best source of potassium in the diet, which helps to lower blood pressure. Try to eat at least five portions of fruit and vegetables a day. Don't forget that frozen, canned and dried varieties count too.

Eat less salt

Eating too much salt raises your blood pressure. An adult should eat less than 6g of salt a day, but most of us eat much more than this. 75% of the salt we eat is "hidden" in our foods, so make sure you check food labels for salt content and don't add it to your food.



Drink alcohol in moderation



Think about what you are drinking. You should drink no more than 14 units of alcohol a week for BOTH men and women.

Lose weight if you need to

If you are overweight then your blood pressure is likely to be higher than if you were the correct weight for your height. If you lose the excess weight you will probably find that your blood pressure reduces.

Be active

Aim for half an hour of exercise on five days of the week. The exercise needs to make you breathe faster and warm you up. How about a lunchtime walk or some energetic gardening? You don't have to go to the gym to be doing yourself some good.

Medication

Some people will also need to take medication prescribed by their doctor to lower their blood pressure. Today's blood pressure tablets are very effective in lowering your blood pressure and reducing your long-term risk of stroke and heart attack.



For more information on how to lower your blood pressure, please visit www.bloodpressureuk.org

Can I check my blood pressure at home?

A proper diagnosis of high blood pressure can only be given by a doctor, but many people find it useful to keep an eye on their blood pressure by checking theirs at home with a digital home blood pressure monitor.

There are many on the market but Blood Pressure UK advises that you should use one that has been clinically validated.

Our website **www.bloodpressureuk.org** has a list of validated monitors. There is also downloadable advice on how to monitor your blood pressure at home.

Blood Pressure UK is the leading charity for people with high blood pressure.

If you have high blood pressure, our information and support services, including our membership, can help you to control it. We provide practical information on all aspects of the condition including treatment, lifestyle and home monitoring.

Return your details to us on the slip provided in this leaflet for a free information pack or visit **www.bloodpressureuk.org**

If you have any questions about your blood pressure, call us on **020 7882 6255**

Blood Pressure UK is an operating name of the Blood Pressure Association.
Registered as a charity in England and Wales (1058944) and in Scotland (SC040230).
Registered as a company limited by guarantee in England & Wales (03251531).
The Wolfson Institute, Charterhouse Square, London EC1M 6BQ

Blood Pressure UK
Helping you to lower your blood pressure

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1 in 3 adults in the UK has high blood pressure, and...



1 in 9 adults has high blood pressure and does not know it.



Do YOU Know your Numbers?

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