



## Recognising the risks of High Blood pressure

### Olly's Story



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### BE INFORMED

#### Know the risks

- 1 in 2 strokes are the result of high blood pressure
- High blood pressure contributes to half of heart attacks
- It doesn't just affect older people
- Certain ethnic backgrounds may be more at risk

#### Take action

- Measure your blood pressure
- Modify your lifestyle
- Manage your blood pressure and your health

**Checking your blood pressure reading is easy and takes just a few minutes. Visit your local pharmacy, buy a home monitor, look out for community opportunities or contact your GP practice today.**

Got a story to share? - Get in touch  
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### MY STORY

"Three years ago, home and work stresses were impacted me and I was struggling with regular headaches and eyesight problems. A colleague who was a former nurse sat me down and insisted I take a blood pressure reading - my result was 170/110!

The readings terrified me, I had thought it was nothing more than fatigue-related - I thought I was physically ok. I sought medical advice and was given an appointment at my GP surgery. Initial results showed slightly raised cholesterol but otherwise normal readings and a good electrocardiogram but I was still advised to make some lifestyle changes.

Following my blood test results and the GP's analysis that my blood pressure dropped dramatically after a short time of being seated and breathing deeply, I was advised to do gentle exercises, take country walks, make dietary changes, and practice yoga and mindfulness.

I've always enjoyed generally good health, so when you consider what high blood pressure can do if left unchecked - strokes, heart attacks etc - I knew it was vital I made a change and after just a few months later I found that even though my blood pressure was still raised, it was much lower than before.

Knowing my numbers has really helped me and possibly saved me from some very serious issues. I feel much better and healthier than I did and I no longer suffer headaches or have the same eyesight problems.

I would not have realised so soon that there was a problem if I hadn't have taken a quick and easy blood pressure test revealing those two scary numbers. I have purchased my own home monitor and take readings regularly. I see it as a completely normal thing to do and a good indicator of my health."