



Recognising the risks of High Blood pressure

Viki's Story



'High BP is something I never knew I had until I got unwell at 38 and I know that for a lot of people they are totally unaware what their BP is or should be.'

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

MY STORY

"I have had a bit of a journey over the years when it comes to my health - I was first diagnosed with high blood pressure (BP) when I was 38, I was pregnant with my youngest son and developed pre-eclampsia at 36 weeks, I was put on medication and monitored regularly from then on.

When I was being monitored at the GP surgery I would get very high readings, despite taking my medication as directed. The staff started checking again after 10 minutes and the readings would come down so it seemed I was suffering from white coat hypertension - basically I was getting myself so uptight waiting in the waiting room and dreading the result that my BP was sky rocketing. Recognising this was really helpful.

In January 2021 I contracted Covid 19. It hit my body like a steam train and resulted in me being hospitalised for a week on Oxygen, developing 2 blood clots in my lungs and requiring me to take blood thinners for 6 months. It also caused us to discover I am type 2 diabetic.

Surprisingly throughout all that though my BP stayed stable, I recovered and was back at my desk within 3 weeks but decided I had to make a change.

I joined slimming world and started losing weight (currently nearly 2 stone!). I have given up smoking and I am having more regular exercise.

I purchased a home BP monitor and take regular readings to keep an eye on my blood pressure, although I am still on 2 BP tablets a day.

High BP is something I never knew I had until I got unwell at 38 and I know that for a lot of people they are totally unaware what their BP is or should be.

I am now 56 and want to continue improving my health. My experience after contracting Covid 19, has taught me that you get one chance at life and you have to look after yourself - it's no rehearsal!"

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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