



## Recognising the risks of High Blood pressure

### Caroline's Story



'When I visited my GP with a severe headache, I discovered that my blood pressure was so high I was at risk of having a stroke or a heart attack. I couldn't believe it, I was only 44 years old and none of my family had high blood pressure.'

### 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

"When I was first diagnosed with high blood pressure ('hypertension') my reading was 198/113 and today, it's 122/72.

"When I visited my GP with a severe headache, I discovered that my blood pressure was so high I was at risk of having a stroke or a heart attack. I couldn't believe it, I was only 44 years old and none of my family had high blood pressure.

For me I think it was a number of factors - I was stressed, depressed, grieving, going through a separation, working too hard, not sleeping well, not exercising and comfort eating.

Fortunately, within just a few days of taking some medication, my blood pressure started to come down to a healthier reading, BUT I wanted to do more. It only took a few small lifestyle changes to start making more of a difference, and it happened surprisingly quickly.

After stopping my daily crisp habit, alongside some other lifestyle tweaks, my blood pressure came down and eventually I came off the medication altogether. I have found I have much more energy and I completed my very first Park Run last weekend at the age of 51. I now have a blood pressure machine at home which I bought from the chemist and I keep an eye on my readings. I've found it's really easy to do, and only takes a few minutes."

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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