

The Pentlands Medical Centre

BLOOD PRESSURE
INFORMATION
LEAFLET



The Pentlands Medical Centre

The Pentlands Medical centre
44 Pentland View
Currie
EH14 5QB

Phone: 0131 449 2142
Fax: 0131 451 5855

Tel: 555 555 5555

Blood Pressure

High Blood pressure does not make people feel unwell. However if left untreated it tends to cause damage to the blood vessels and the heart, which may lead to heart or kidney failure and an increased risk of suffering from a heart attack or stroke.

The purpose of treatment, which lowers the blood pressure, is to prevent this damage occurring and so help to prevent these illnesses.

Treatment will not make you 'feel better' but you should stay healthier for longer and ideally you will feel no different when taking the treatment.

Is there any way of reducing blood pressure?

There are several things you can do to lower your blood pressure. If your blood pressure is marginally raised this may prevent the need to take tablets. However in most cases you will still need to take tablets but you may be able to take less because you have helped to reduce your own blood pressure.

- **Avoid being overweight.** Try to keep your weight to a healthy level. Being overweight can increase your blood pressure.
- § **Keep alcohol levels down.** Do not drink more than 21 units per week. (One unit is a glass of wine, a half-pint of beer or a single measure of alcohol). Try to drink the units evenly over the week and avoid a big drinking session and the resulting hang-over!
- § **Reduce salt intake.**
- § **Exercise regularly.** It reduces blood pressure, helps to keep weight down and is a good stress reliever!

Quit smoking. Giving up smoking does not lower blood pressure, but it greatly reduces the risk of blood pressure



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