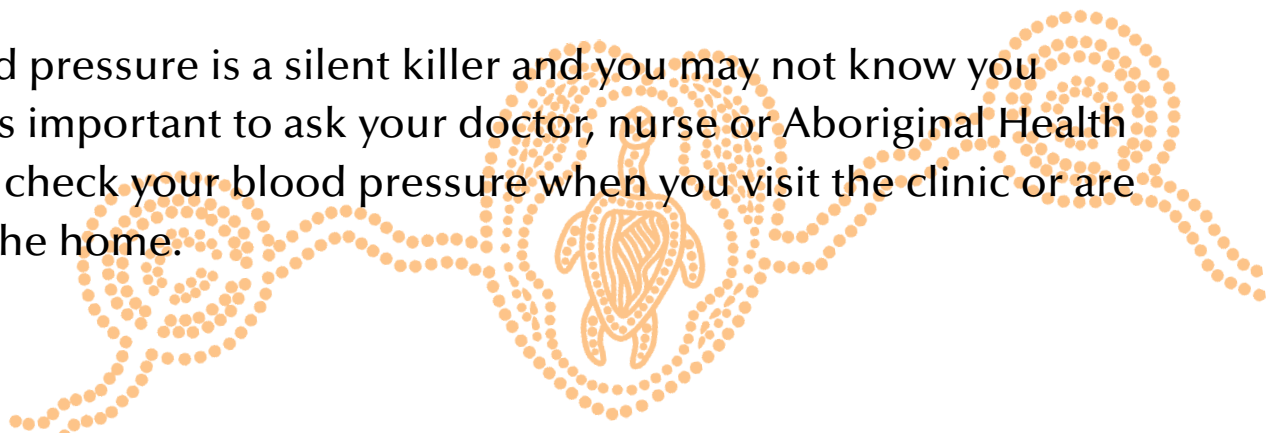




High blood pressure

Blood pressure is the pressure in the walls of the bigger blood vessels called arteries. High blood pressure is called hypertension; it can be dangerous if it is not treated.

High blood pressure is a silent killer and you may not know you have it. It is important to ask your doctor, nurse or Aboriginal Health Worker to check your blood pressure when you visit the clinic or are visited in the home.



Controlling high blood pressure

Blood pressure changes throughout the day depending on how you are feeling. Your blood pressure goes up when you are frightened, afraid or anxious. It comes down when you are relaxed and resting, sleeping or enjoying the company of others. Blood pressure may also increase as you get older or if your family has a history of high blood pressure.

If high blood pressure is not treated and controlled, it can damage the heart and blood vessels. This can lead to heart attack, heart failure or stroke.

Tips to control your blood pressure:

- increase physical activity – aim for 30 minutes or more every day of the week
- reduce or limit your salt intake
- eat healthy foods
- maintain a healthy weight
- reduce your alcohol intake, drink in moderation
- take your medication as given by your doctor
- reduce or quit smoking.

