



Know your numbers check your blood pressure here

Undiagnosed high blood pressure (hypertension) could have serious consequences but did you know you can take your own blood pressure reading? And it's easy! As long as you have not artificially raised your blood pressure in the last half an hour by:

- Exercising
- Smoking
- Having tea, coffee or other caffeinated drinks

Then take a seat, relax for five minutes and follow the instructions below.

Remember, record the exact numbers from the machine and do not round up or down.

Make sure your back is supported, you can relax your arm and that it is resting comfortably, on a firm surface at the same level as your heart.

Stay still and do not talk whilst the machine takes your reading.

Make sure you have your legs uncrossed and sit with feet flat on the floor.

Ensure that you have cleaned the device for use and understand how to operate it.

Remove your top layers of clothing. It's best if you can place the cuff on your bare arm but if not placing it over a thin layer of clothing is ok as well.

	Top number Systolic	Bottom number Diastolic
Low Blood Pressure	Less than 90	Less than 60
Normal Blood Pressure	90 - 120	60 - 80
High-Normal Blood Pressure	120 - 140	80 - 90
High Blood Pressure	140 and above	90 and above

Taking a number of readings throughout the week, around the same time each day, will help you to know your numbers better. If you are concerned about your blood pressure readings you can visit your local pharmacy, contact your GP surgery or call the British Heart Foundation Helpline on **0300 330 3311**. There are also ways you can naturally lower your blood pressure through making small life style changes.

Visit www.frimleyhealthandcare.org.uk/bloodpressure to learn more.