



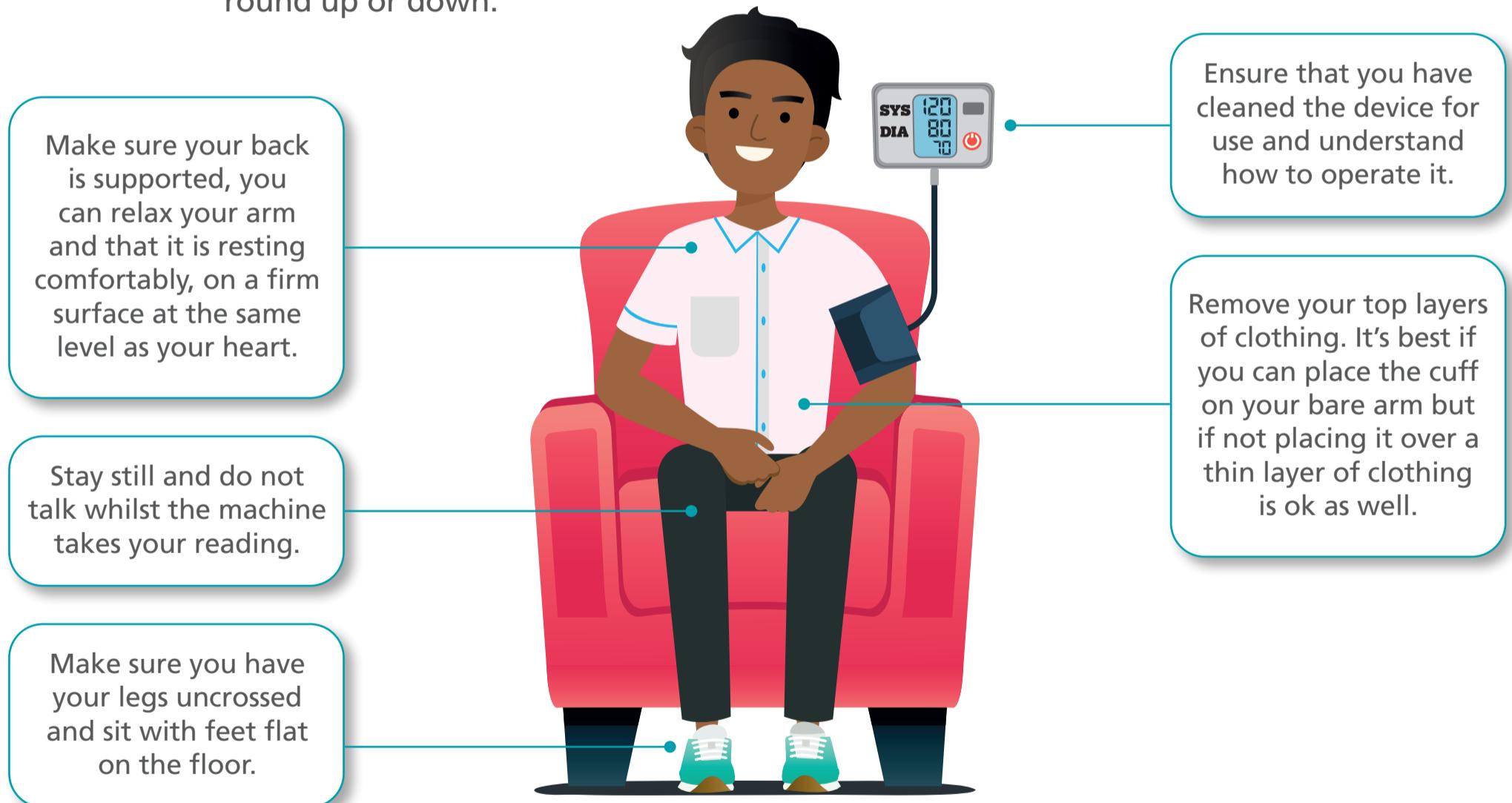
Know your numbers check your blood pressure here

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.



Top number Systolic	Bottom number Diastolic
Low Blood Pressure	Less than 90
Normal Blood Pressure	90 - 120
High-Normal Blood Pressure	120 - 140
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.