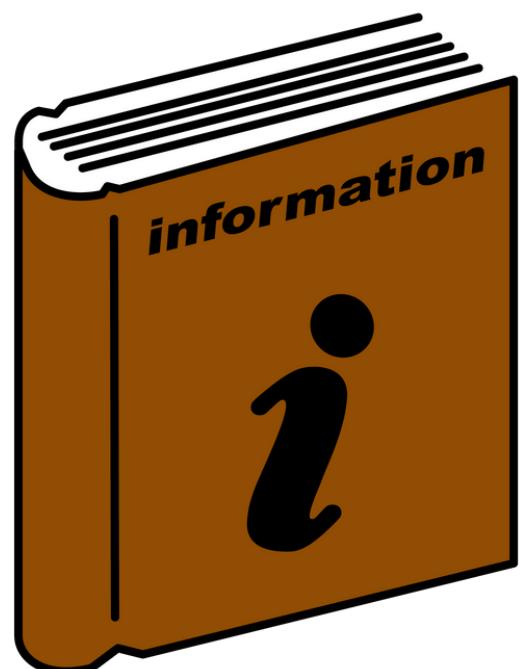


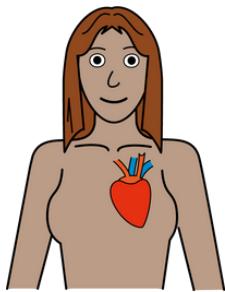


Blood Pressure

Easy Read information

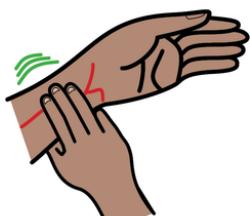


What is blood pressure?

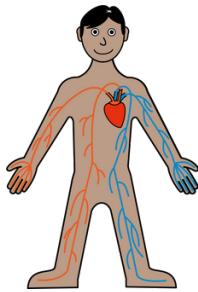


Your heart is a muscle that pumps blood around your body.

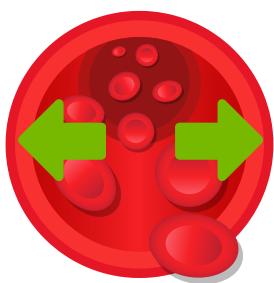
pulse



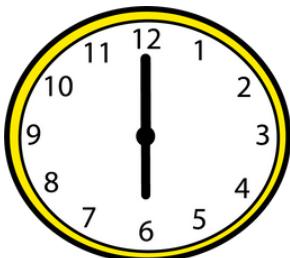
When your heart beats, the blood is moving. This is called your pulse.



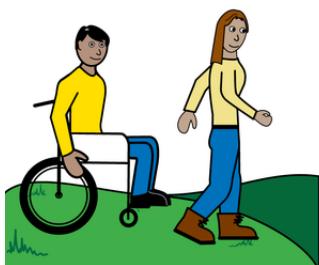
Blood is sent to every part of your body through tubes called arteries.



The blood presses on the sides of the arteries when it moves. This is called blood pressure.

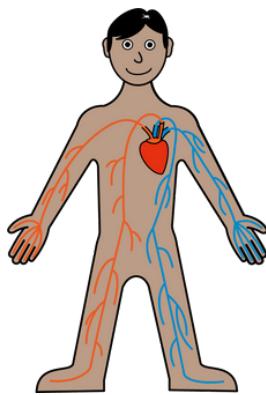


Your blood pressure changes throughout the day.



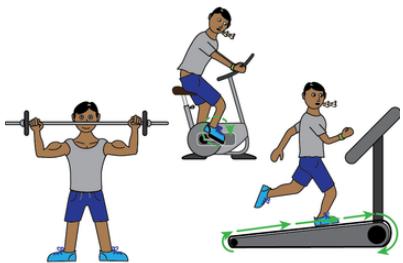
It is normal for your blood pressure to go up when you are moving around.

What is high blood pressure?



High blood pressure means your heart has to work harder to pump blood around your body

exercise

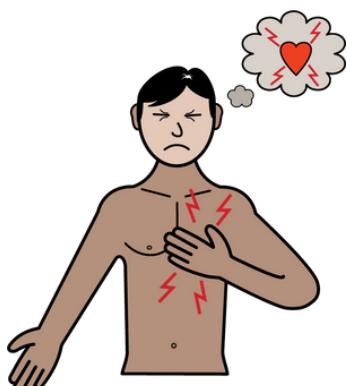


It is normal to have high blood pressure when you exercise or if you are excited.

unhealthy heart

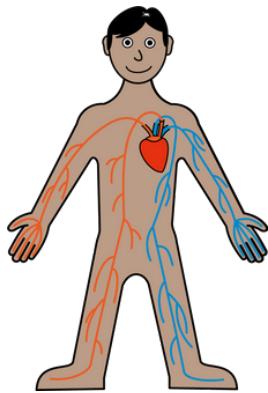


But if you have high blood pressure all the time, this can cause problems.



High blood pressure can cause heart attacks or strokes if it is not treated.

What is low blood pressure?



Low blood pressure means the blood is not being pumped around your body like it should.

sleeping



it is normal to have low blood pressure when you are relaxing or you are asleep.

unhealthy heart



But if you have low blood pressure all the time, this can sometimes cause problems.



Low blood pressure does not always mean you are unhealthy but if you feel dizzy or faint, you should go to your doctor.

To keep your heart healthy,

stop smoking



Stop smoking.



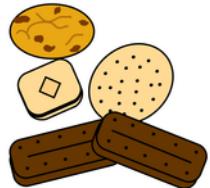
Eat five fruits or vegetables everyday.

crisps



Eat less salty food.

biscuits



Eat less fatty food.

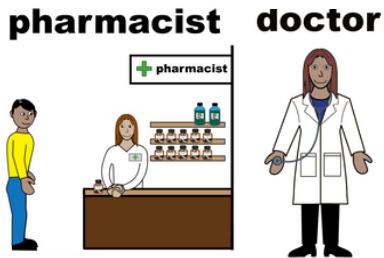


Don't drink too much alcohol.

swimming

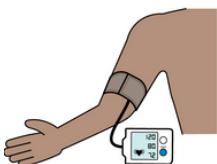


Do more exercise, such as dancing, walking and swimming.



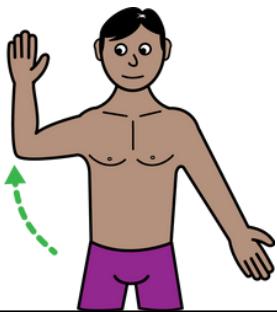
If you are worried about your blood pressure, go to your pharmacy or your doctor.

blood pressure

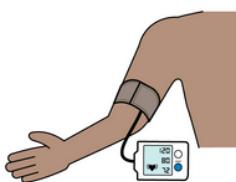


They can do a quick test to check your blood pressure.

The blood pressure test



The person checking your blood pressure will put a cuff on your arm.

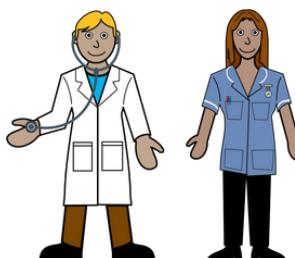


The cuff will fill with air.

It might feel a bit tight on your arm.



After a few seconds the machine will beep. This means the test is over.



The person doing the check will take the cuff off and tell you what your blood pressure is.



Further information is available:



Patient Advice and Liaison Service (PALS)
scwcsu.palscomplaints@nhs.net
Tel: 0300 561 0250



This information can be provided in other languages



support
Learning Disability Teams
Bracknell
Tel: 01344 354466

Maidenhead
Tel :01189 042834

Slough
Tel: 01753 475111

Surrey & North East Hants
Tel :01252 335 555



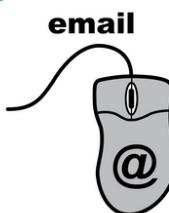
Mencap
<https://www.mencap.org.uk/advice-and-support>



If you have problems with your eyesight



British Heart Foundation helpline
Tel: 0300 330 3311



If you would like this information in a different format, email:
frimleyicb.public@nhs.net

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