Swift
Primary Care Network

You can find out more information and access links to a range of support by scanning the QR code or visiting Swift PCN's website:

swiftpcn.co.uk / Hypertension Information & Resources

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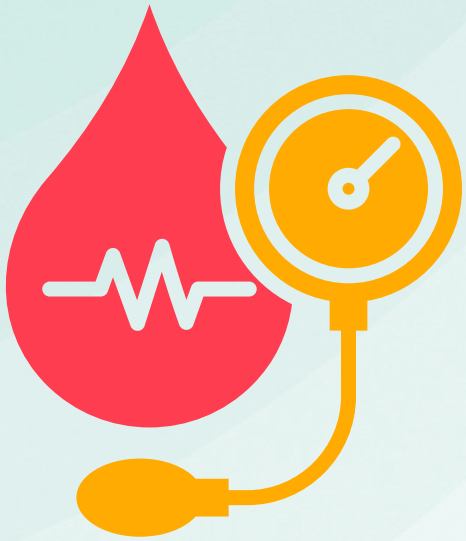
Understanding High Blood Pressure (Hypertension)



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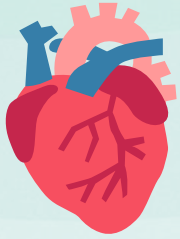
Understanding High Blood Pressure (Hypertension)

Hypertension, even without symptoms, raises the risk of heart disease, stroke, dementia, eye problems and kidney problems.
The good news is it can often be controlled with lifestyle changes and medication if needed.

What Is Blood Pressure?

How strongly your blood pushes against your blood vessels. It is written as two numbers.

- Top number (systolic): pressure when the heart beats
- Bottom number (diastolic): pressure when the heart relaxes



General Target Blood Pressure

(when taken at your GP surgery)

For under 80 years old, under 140/90
For 80 years old and over, under 150/90
(Please note, targets will be individualised per person)

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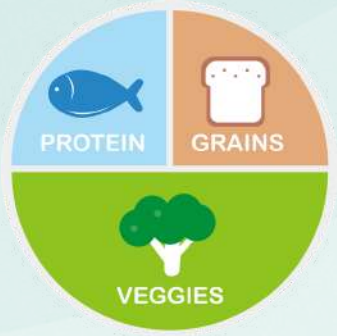
Why Controlling Matters?

If it stays high:

- Your heart works harder
- Your arteries become stiffer
- Your risk of heart attack, stroke, heart failure, and kidney damage increases

How Can You Help Lower Yours?

✓ Be active - Aim for at least 150 minutes of moderate activity a week
✓ Eat well - Reduce salt intake
✓ Maintain a healthy weight
✓ Limit alcohol & stop smoking