Whitewater Health

Patient Participation Group

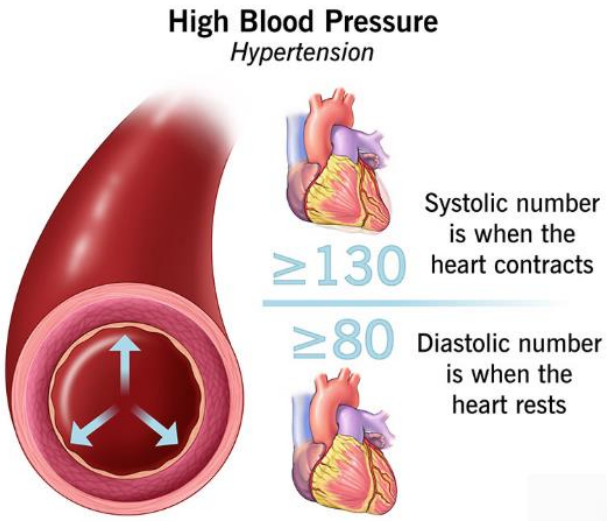
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Hypertension (High Blood Pressure) - A Silent Threat in the UK

What is it?

Also known as high blood pressure, hypertension is a condition where the force of blood against your artery walls is consistently too high. This can damage your blood vessels and increase the risk of serious health problems like heart attack, stroke, and kidney disease. It's often called the "silent killer" because many people don't experience noticeable symptoms until significant damage has occurred.

It is estimated that over 12 million adults in the UK are affected, many unknowingly, making the need for regular checks essential. If you suffer from regular headaches, nosebleeds, dizziness or shortness of breath this may indicate high blood pressure and you should have your blood pressure checked.



How to check for hypertension.

Blood pressure is measured using two numbers: systolic (pressure during heartbeats) and diastolic (pressure between beats). A reading consistently above 140/90 mmHg may indicate hypertension.

Prevention

You have heard it before, but prevention does start with lifestyle!. A balanced diet; low in salt and saturated fats, regular physical activity, maintaining a healthy weight, limiting alcohol intake and avoiding smoking significantly reduces your risk of suffering from hypertension. Stress management also plays a key role.

Treatment

Treatment typically begins with lifestyle changes, but if blood pressure still remains high, doctors may prescribe tailored medication. Regular monitoring ensures effectiveness and safety.

Hypertension rarely shows symptoms; its a silent condition, but one that can be managed with awareness, healthy habits & care. If you have any concerns, get your blood pressure checked at your local pharmacy or GP surgery.

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