



We have developed a bespoke webpage
www.frimleyhealthandcare.org.uk/bloodpressure



Informative video with a local GP

Hypertension awareness Materials for download

A package of materials were developed to support the priority of Hypertension awareness. Downloadable resources are featured on this page and accessed by clicking the images.

Our advice and guidance leaflet (below) gives local people all the information they need to understand the risks of high blood pressure and how they can make small changes to reduce them. This was supported by a poster and where readings were being taken in community settings wallet cards were available for local people to record their readings and gain a better understanding of what those readings meant.



Why you need to understand your blood pressure and how you can take control



Know your numbers

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

Learn more, visit
www.frimleyhealthandcare.org.uk/bloodpressure

Use this table to record the date, time and your blood pressure reading.

Date	Time	Reading



ASCOT • BRACKNELL • FARNHAM • MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • SURREY HEATH • WINDSOR



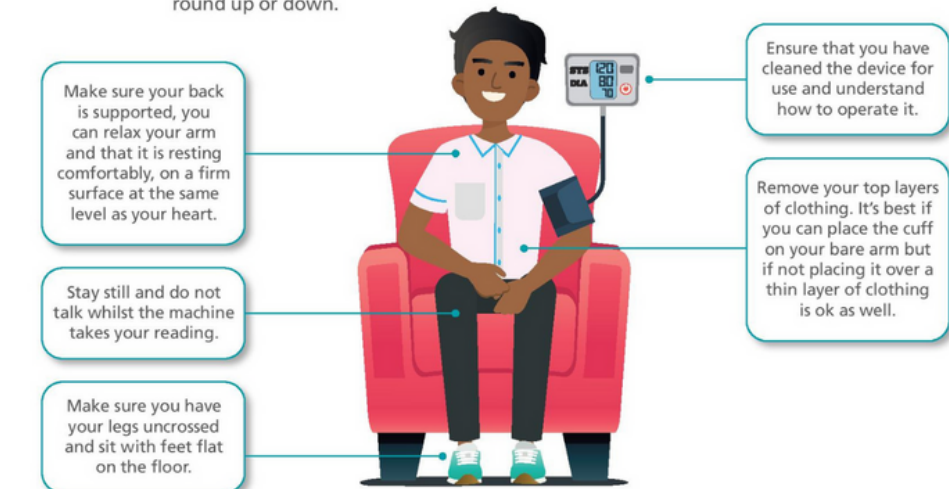
Do you know how to check your blood pressure

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	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.

How to take your blood pressure -
 This poster is available for download
 by clicking on the image.



Hypertension awareness - Social Media

To support the community initiatives and downloadable resource we have an ongoing social media campaign to raise awareness of the risks of high blood pressure at who might be more at risk. We have weaved this into our pharmacy campaign also to highlight the new hypertension case finding service. You can access our social media channels by clicking on the icons below.



Frimley Health and Care Integrated Care System
Published by Orlo · 21 May ·

Did you know your local pharmacy offers more than just prescriptions? this [#maymeasurementmonth](#) why not pop in and have your blood pressure monitored?

It's important we all know our numbers, since high blood pressure is one of the leading causes or preventable death in the UK.

Your local pharmacist is a highly trained professional who will be able to support you and provide advice. Visit <https://orlo.uk/uEsfC> to find out more.

Frimley Health and Care Integrated Care System
Published by Orlo · 31 May ·

It can be tough to know what to do when you're worried about, or have, high blood pressure.

The good news is: we've got it covered for you all in one place. Take a look here: <https://orlo.uk/I3Ud9>

[#MayMeasurementMonth](#)

Frimley Health and Care



[#MayMeasurementMonth](#)

Do you know your numbers?

Find out how you can manage your blood pressure and prevent life-threatening heart attacks and strokes, online, at: frimleyhealthandcare.org.uk/bloodpressure



MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • SURREY HEATH • WINDSOR



Community pharmacies are offering free blood pressure checks to over 40s

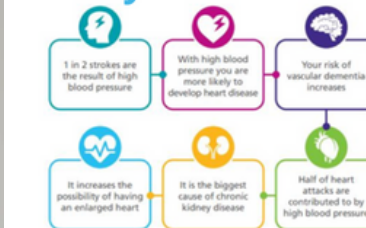


African or Afro-Caribbean in the UK,

Frimley Health and Care



Did you know...



Find out more online at: frimleyhealthandcare.org.uk/bloodpressure

Blood pressure: Know your numbers



ASCOT • BRACKNELL • FARNHAM • MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • SURREY HEATH • WINDSOR



[#MayMeasurementMonth](#)

