

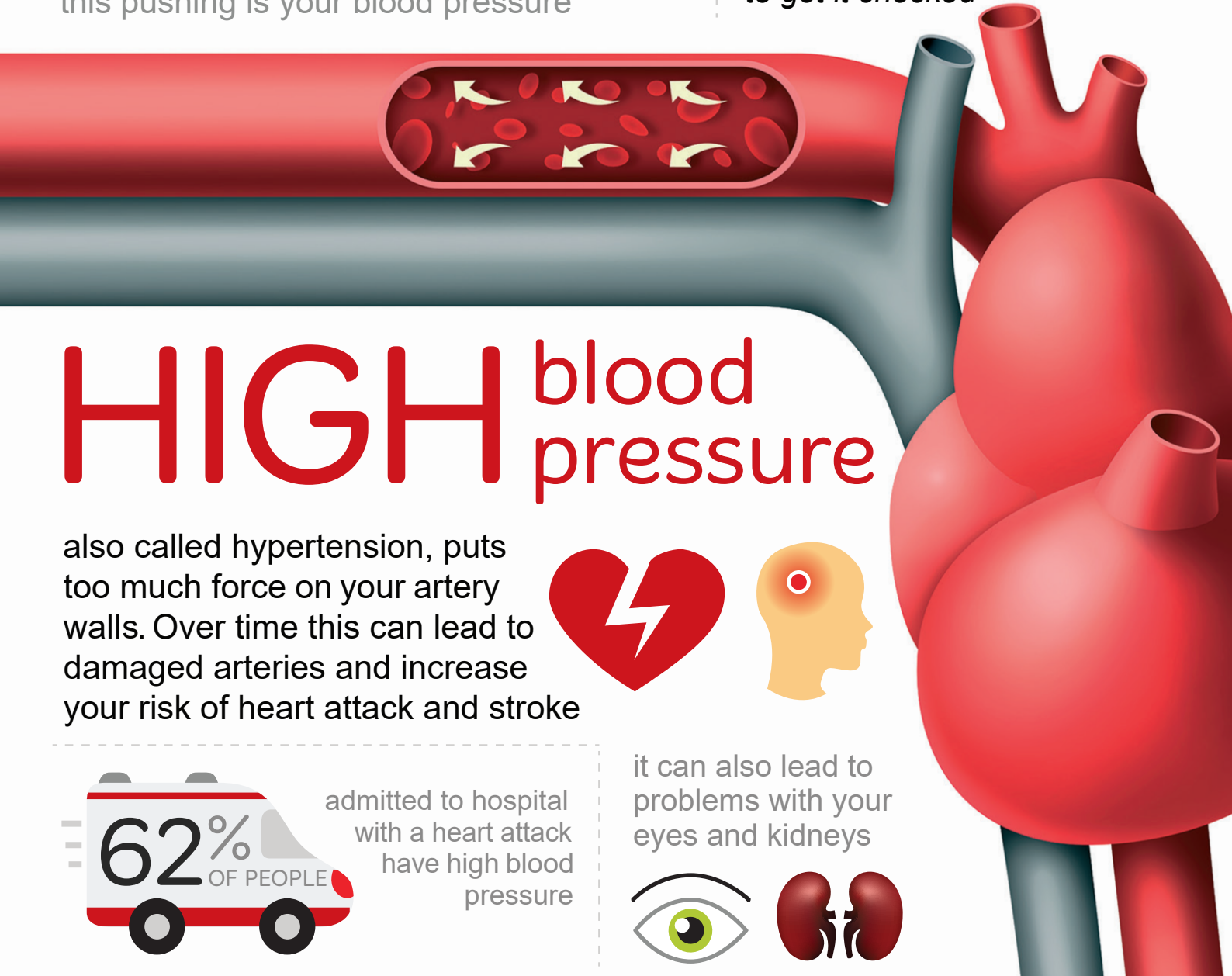
# Blood pressure

A risk factor for heart attack and stroke



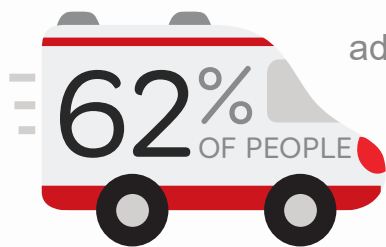
When your heart beats it pumps blood around your body. As the blood moves it pushes against the sides of blood vessels called arteries. The strength of this pushing is your blood pressure

*Most people don't know if they have high blood pressure as often there are no symptoms. The only way to find out is to get it checked*



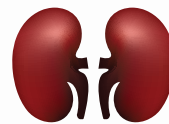
## HIGH blood pressure

also called hypertension, puts too much force on your artery walls. Over time this can lead to damaged arteries and increase your risk of heart attack and stroke



admitted to hospital with a heart attack have high blood pressure

it can also lead to problems with your eyes and kidneys



### CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Make heart healthy eating and drinking choices



Move more



Lose weight



Take medications