

BLOOD PRESSURE: MORE INFORMATION

High blood pressure is a major cause of heart attacks and stroke. Around one in three adults have high blood pressure, but many don't realise it because it often doesn't have any symptoms until it's too late.

High blood pressure can often be prevented or reduced by:

- ♥ eating healthily
- ♥ maintaining a healthy weight
- ♥ taking regular exercise
- ♥ drinking alcohol in moderation
- ♥ not smoking

Find out more about the causes, diagnosis treatment and prevention of high blood pressure, plus links to services who can support you

www.nhsglos.nhs.uk/kynglos

