



**British Heart
Foundation
Northern Ireland**



Stay Heart Healthy. Understand blood pressure.

An estimated 400,000 people in NI are living with high blood pressure, more than a quarter of whom don't even know they have it. 50% of heart attacks and strokes are associated with high blood pressure.

Understanding blood pressure

Your heart pumps blood around your body to deliver oxygen and nutrients to your organs. Blood pressure is the force your heart uses to pump blood around your body through the arteries.

If your blood pressure is constantly too high, it can lead to heart and circulatory conditions like heart attack and stroke.

How do I know if I have high blood pressure?

When you have your blood pressure measured, your reading is written as two numbers. The first is your pressure at its highest (or systolic pressure) and the second at its lowest (diastolic pressure). Blood pressure should ideally be under 140/90 mmHg.

Common symptoms of high blood pressure include blurred vision, nosebleeds, shortness of breath and a persistent headache. But you should still check your blood pressure even if you feel fine.

Make three small changes

- Eating less salt and more fruit and veg can help reduce blood pressure
- Reduce the amount of alcohol you're drinking
- Be more active and manage your weight



WATCH

Watch this video to find out more about blood pressure.



TIPS

Six top tips to reduce your blood pressure.



MAKE

Heart healthy food can still be delicious! Try out this pizza recipe!



HELP

Our Heart Helpline is available 9-5 every day to answer your questions.

