



HEALTHY HEARTS  
CARMARTHENSHIRE

## I have high blood pressure, what does this mean?

Higher than recommended blood pressure is known as hypertension. Hypertension has no noticeable symptoms. But, left untreated it can lead to serious health issues, such as heart attacks and strokes. Treatment of high blood pressure can greatly reduce the risk.

To reduce your risk, you can make lifestyle changes and/or take medication.

Making simple lifestyle changes can help to lower your blood pressure.

- Eat a balanced diet that is low in saturated fat and salt
- Maintain a healthy weight
- Increase your physical activity
- Quit smoking
- Drink less alcohol



**Around 50%** of all heart attacks and strokes are associated with high blood pressure.

**Are you at risk? Do you need advice?**



Each year fewer people are smoking. People are 4 times more likely to quit smoking when using a stop smoking service. Do you smoke? Do you want help to stop?



**Controlling your blood**

**pressure.** More people control their blood pressure through making lifestyle changes and/or taking medication. **Is your blood pressure under control? Do you need advice?**



With obese men being twice as likely to develop hypertension and obese women three times more likely, exercising and eating healthily can help to improve matters.

Maintaining a healthy weight reduces raised blood pressure and your risk of heart attack and stroke by up to half.

**Tips for getting healthy**



Set targets with your family or friends – exercise 3 times a week, drink fewer sugary drinks-encourage each other to stick to your healthy goals.



Be accountable, keep a food diary, it is one of the best ways to improve your diet.

## What should my blood pressure be?

Depending on age and other factors but less than 140/90mg Hg is recommend.

My target blood pressure is below:

/

mg Hg



Tywi Taf Together Cluster



Healthy Hearts Carmarthenshire

# What Can I Do?

**1** Speak to your health care provider about lifestyle changes you can make. Remember if your hypertension is mild, this could be enough to reduce your risk.

#### Advantages.

- You'll feel fitter and healthier
- Living a healthier lifestyle, reduces your risk of health problems such as heart attacks and strokes
- It also improves your mental wellbeing and outlook.

#### Disadvantages.

- By not changing your lifestyle habits to reduce your blood pressure, you will increase your risk of further serious health problems such as heart attacks and strokes.

**2** Talk to your health care provider about taking medication as well as making lifestyle changes.

- Decide together which medications work best for you
- You may need a combination of medications to reduce your blood pressure.

#### Advantages.

- Medication can lower your blood pressure even more than lifestyle changes alone
- Most hypertension medications are taken just once a day
- Your treatment will be monitored regularly

#### Disadvantages.

- There are some side effects to taking some medications, however this can be resolved by taking a lower dosage or taking alternative medication.

**3** Do nothing

#### Disadvantages.

- You are **twice as likely** to have a **heart attack** or **stroke** if you do not control your blood pressure.

You will be offered ongoing check-ups with your healthcare provider to discuss the best treatments for you. Frequency of appointments will depend on your blood pressure results.

Further information on blood pressure and its effects on your health is available at the Healthy Hearts Carmarthenshire website: <https://tywitaftogether.gpwales.com/blood-pressure/>

