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Wirral Primary Care Trust

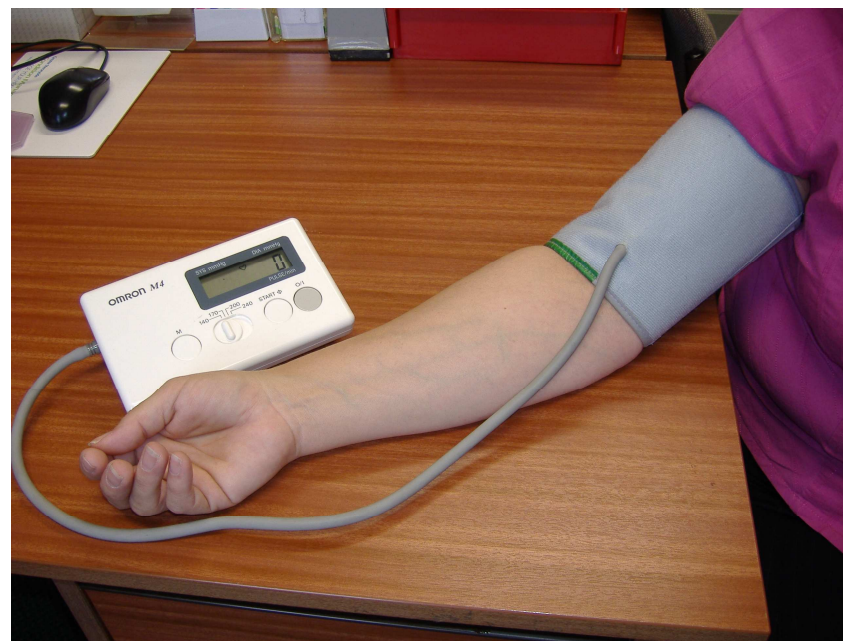
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Central and Eastern Cheshire Primary Care Trust

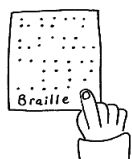


Cheshire and Wirral Partnership **NHS**  
NHS Foundation Trust

# Blood Pressure Checks



This leaflet is available in other languages or formats



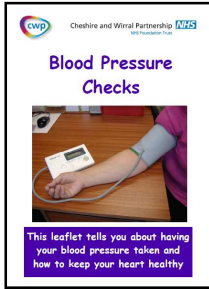
For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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This leaflet tells you about having your blood pressure taken and how to keep your heart healthy



This leaflet tells you what will happen when you have your blood pressure taken.

We have our blood pressure taken to make sure that we are healthy.



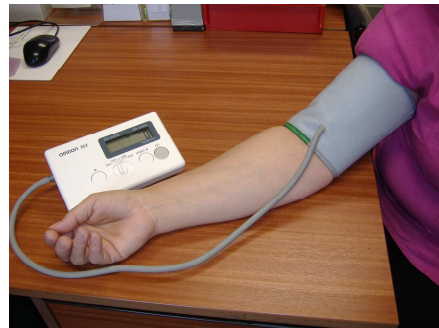
When we are healthy we feel happy.

A doctor or a nurse will take your blood pressure.

The doctor or nurse will put a band on your arm.

This band is called a cuff.

It will feel tight on your arm but it does not hurt.



## Blood pressure check advice

Your name: .....

Date: .....



Your blood pressure today was

.....

You need to see your GP or Practice Nurse



Make an appointment to see your GP in

..... and take this leaflet with you.

Remember to get your blood pressure checked again at least once a year at your doctor's surgery.



## Blood pressure check advice

Your name: .....

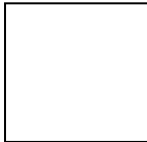
Date: .....



Your blood pressure today was

.....

You do not need to see your GP



Remember to get your blood pressure checked again at least once a year at your doctor's surgery.

The band on your arm is attached to a machine.

The machine will give the doctor or nurse a number.

This number is your blood pressure.



Sometimes the number can be high.

This means your blood pressure can be high.

Sometimes the number can be low.

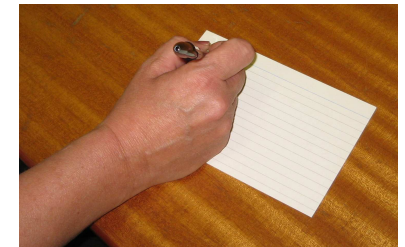
This means your blood pressure can be low.

The doctor or nurse will tell you what your number is.

This is your blood pressure.

The doctor or nurse will write your number down.

The doctor or nurse will tell you things you can do to be healthy.





To keep your heart healthy

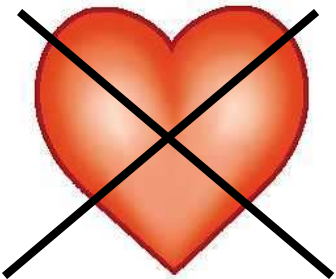


Exercise every day.

Walking is good for your heart.



Walking does not cost you any money.



Being overweight or underweight is bad for your heart and can make you feel ill.

Try to cut down or stop smoking.



You should have two days every week when you do not drink alcohol.

You should have no more than two drinks on the days you drink alcohol.



Eat five fruit and vegetables every day.

Eat fruit if you are hungry between meals.



Do not add salt to your food.