



For Further
information or help
See your Doctor or
Practice Nurse

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Pictures from Changes picture bank

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What is Blood Pressure ?

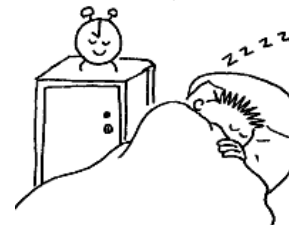


Your heart pumps
blood
around your body.

The force which
pumps blood is called
Blood Pressure .



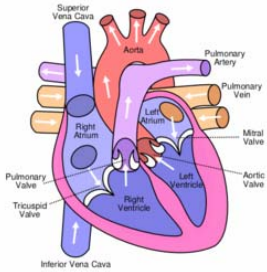
Your blood pressure
changes if you do
exercise or get
excited.



When you are asleep
it slows down or gets
lower.

What is High Blood Pressure ?

When you have High Blood Pressure it can cause problems with your health.



What can you do to help keep your blood pressure lower?

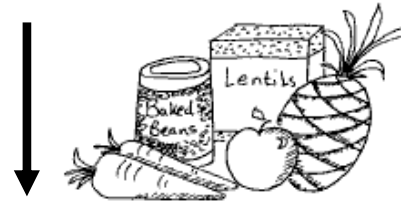
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Do not smoke as this can cause heart disease and cancer.



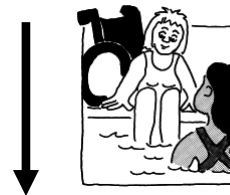
If you are overweight it can put a strain on your heart. Try to lose weight.



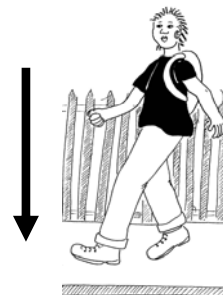
Eat fruit and vegetables everyday. 5 portions is best.



Try to cut down on how much salt you eat and do not drink too much alcohol.



Do more exercise such as walking, dancing, swimming . Do not do too much, take it slowly .



It can also help you lose weight.