



HealthNex Health Education

Hypertension (High Blood Pressure)

What is Hypertension?

Hypertension (high blood pressure) means your blood pressure is consistently too high. This puts extra strain on your heart, blood vessels, kidneys, and brain.

Normal BP: below 120/80 mmHg

High BP (Hypertension): 140/90 mmHg or above

Why is it Serious?

If untreated, hypertension increases the risk of:

- ✓ Stroke
- ✓ Heart attack
- ✓ Kidney disease
- ✓ Vision problems
- ✓ Heart failure

Risk Factors

You may be at higher risk if you:

- ✓ Family history
- ✓ Overweight/obese
- ✓ High salt/low fruit diet
- ✓ Smoking or alcohol
- ✓ Sedentary lifestyle
- ✓ High stress

Signs & Symptoms

Most people have **no symptoms** – it's the **silent killer**.

Sometimes, people may have:

- ✓ Headaches
- ✓ Dizziness
- ✓ Blurred vision
- ✓ Nosebleeds

How to Manage & Prevent

- Eat a balanced diet (low salt, more fruits/veg)
- Exercise 30 min/day, 5 times/week
- Maintain healthy weight
- Limit alcohol, quit smoking
- Reduce stress (yoga, meditation)

- Monitor blood pressure regularly
- Follow GP advice
- Take medicines as prescribed

When to Seek Urgent Help

Call **999** if you have:

- Chest pain
- Shortness of breath
- Sudden weakness/numbness
- Severe headache or vision changes

HealthNex – Supporting Your Health

At **HealthNex**, we provide **mobile health screening** to help you check and manage your blood pressure conveniently.

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