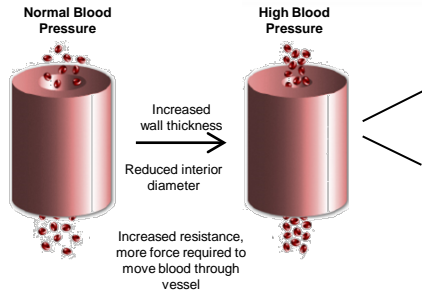


BLOOD PRESSURE – KNOW YOUR NUMBERS



The narrowing of arteries due to inactivity, high fat diets, smoking and excessive alcohol consumption leads to high blood pressure

Blood pressure is a measure of the force that your heart uses to pump blood around your body.

How is blood pressure measured?

Two measurements are recorded:

- the pressure when your heart pumps blood through your arteries (systolic pressure): this is when the pressure is highest, and
- the pressure when your heart is resting before it pumps again (diastolic pressure), when the pressure is lowest.

Blood pressure is measured in millimetres of mercury (mmHg). Readings are given as two numbers or levels. The systolic reading is first, followed by the diastolic reading. For example, if your systolic reading is 120mmHg and your diastolic reading is 80mmHg, your blood pressure is 120 over 80, commonly written as 120/80.

Is my blood pressure high, normal or low?

Blood pressure can be high, normal or low.

If you consistently have a reading of 140/90 or higher, you may have high blood pressure (hypertension).

Generally, the lower your blood pressure, the healthier you are. As a guide, the ideal blood pressure for a young healthy adult is 120/80 or lower.

It is possible to have abnormally low blood pressure. People with a reading of around 90/60 or lower are generally considered to have low blood pressure; there may be an underlying cause that could need treatment.

Check your blood pressure – Know Your Numbers

High blood pressure is often referred to as a "silent killer" –the only way to know if you have it is to have your blood pressure checked. Health professionals such as nurses, pharmacists and GPs can check your blood pressure with a simple test.

High blood pressure increases your risk of having a heart attack or stroke, but there are things you can do to lower your blood pressure and reduce your risks.

- **Take regular exercise**
- **Eat healthily**
- **Maintain a healthy weight**
- **Limit alcohol intake**
- **Don't smoke**

If you have been diagnosed with high blood pressure and prescribed medication, ensure you take it as instructed.

Do you know your numbers?

1 in 5 of our employees have high blood pressure.

High blood pressure usually has no signs or symptoms, so the only way to know if you have high blood pressure is to have yours measured.

Know your numbers, reduce your risk!



HEALTHY HEART



EAT & DRINK WISELY



WATCH YOUR HEALTH

STOP & THINK