



## Know your Numbers!

### Do you know your blood pressure? Do you know if it is high?

#### Why every adult should 'know their numbers':

- High blood pressure is the biggest known cause of premature death and disability in the UK
- One in three adults in the UK (16 million) has high blood pressure
- It is a 'silent killer' - more than five million people who have the condition do not know it as it's largely symptomless
- Approximately 62,000 unnecessary deaths from stroke and heart attacks occur each year due to poor blood pressure control
- It is not just an 'old person's' condition, for example, approximately 40 per cent of people in their forties have high blood pressure
- High blood pressure can be successfully controlled and often prevented.



**Get your Blood Pressure checked on our free machine in the entrance and take your results into your appointment – just ask reception for a token**

