



HYPERTENSION

THE STAGES

140/90 to 159/99mmHg



Book in with a Doctor:

- Offer home monitoring
- Investigate for Complications

160/100 to 180/120mmHg



Urgent Medical Attention:

- Offer home monitoring
- Investigate for Complications

180/120mmHg or Higher



Same day Specialist Review if complications are present



High Blood Pressure affects 1 in 4 adults in England. It is the single largest risk factor for heart attack and stroke

BP Targets:

- Age <80 years: <140/90mmHg
- Age >80 years: <150/90mmHg
- Diabetics: <135/85mmHg

Monitoring:

- Annual Blood Test to include FBC, U+Es, LFTs, total and HDL cholesterol, Creatinine, eGFR and HbA1c
- Urine ACR and haematuria
- 12 lead ECG
- Eye examination

DIET AND LIFESTYLE



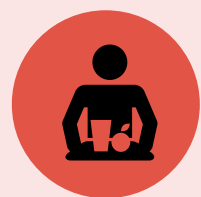
Reduce smoking and alcohol



Reduce salt intake



Increase exercise



Cut down caffeine (teas and coffees)



FOR MORE INFORMATION VISIT:
WWW.NHS.UK/CONDITIONS/HIGH-BLOOD-PRESSURE-HYPERTENSION