

“KNOW YOUR NUMBERS”: BLOOD PRESSURE

Height = 5ft 6in or 1.68m

Weight = 10 stone or 63.5kg

Blood Pressure = ??????????

Are you one of the many people who do not know
their blood pressure?

If so, you should “KNOW YOUR NUMBERS”

**Don't be shy: Use the self-help blood pressure
machine in the waiting area and take the
results slip to the receptionist who will advise
you if further action is needed or if you should
see your GP.**

**The higher your blood pressure, the
higher your risk of health problems**

**BE WISE –
“KNOW YOUR NUMBERS”**