

When thinking about your options, it is important to take into account your personal beliefs and concerns and those of your family

# Blood pressure

A risk factor for heart attack and stroke



You're much more likely to get there with support, so who will you ask to support you to manage your blood pressure (e.g. family/whānau/church)?

Have you thought about the wider benefits of making changes for both you and your family?

What are the pros and cons of each change you might like to make?

How confident are you that you can take the next step?

When your heart beats, it pumps blood around your body. As the blood moves, it pushes against the sides of blood vessels called arteries. The strength of this pushing is your blood pressure

*Most people don't know if they have high blood pressure as often there are no symptoms. The only way to find out is to get it checked*

DATE	MY BLOOD PRESSURE

Questions for my next appointment:

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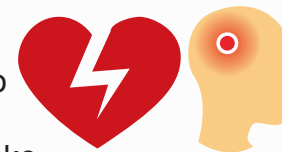
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For more, search 'blood pressure' [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

## HIGH blood pressure

also called hypertension, puts too much force on your artery walls. Over time, this can lead to damaged arteries and increase your risk of heart attack and stroke



it can also lead to problems with your eyes and kidneys



Blood pressure is only one of the risk factors for heart attack and stroke. Ask your health professional what your overall risk is

## THINK ABOUT YOUR FUTURE

Being there for your family, your plans and dreams.  
Could your high blood pressure and risk of heart  
attack or stroke affect this?

## MY RISK

of heart attack or stroke  
in the next five years is

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(high, medium, low)

What would I like to do to lower my risk?  
What does my health professional  
recommend?



## Questions you might like to ask:

- **What** is the most important thing for me to do to lower my risk?
- **What** small steps can I take to lower my risk?

## My next step is:

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If you're thinking about or already taking complementary  
therapies, talk to your health professional about these

If you would like support with goal setting, ask your health  
professional about the Heart Foundation 'Taking control' resource