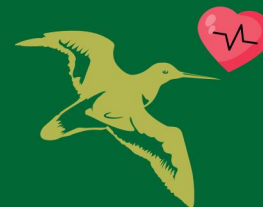


Stroke Prevention

PART ONE

Blood Pressure



A Patient's Guide

Controlling blood pressure reduces stroke risk

High blood pressure is the single biggest risk factor for another stroke.

Your target

Usually below 140/90

Often lower if advised by your GP



Simple Message

Keeping your blood pressure controlled is one of the most effective ways to prevent another stroke..

Checking your blood pressure at home can help keep it under control.

POSITIVE ACTIONS THAT HELP

- Take your tablets every day
- Reduce salt in your diet
- Stay active
- Maintain a healthy weight
- Home monitoring



RED FLAGS

Call 999 if:

Stroke symptoms (FAST)

Severe chest pain

Call 111 if:

Very high readings with headache or feeling

Contact GP if:

Readings remain high

You miss medication or have side effects

