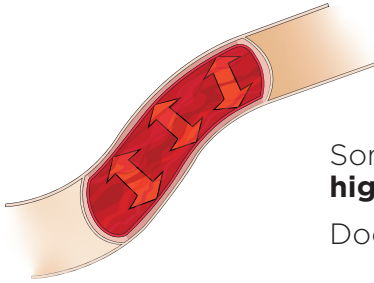


High blood pressure (hypertension)



Your heart is your body's engine. It's what keeps you alive.

Your heart pumps blood around your body through arteries, your body's pipes.

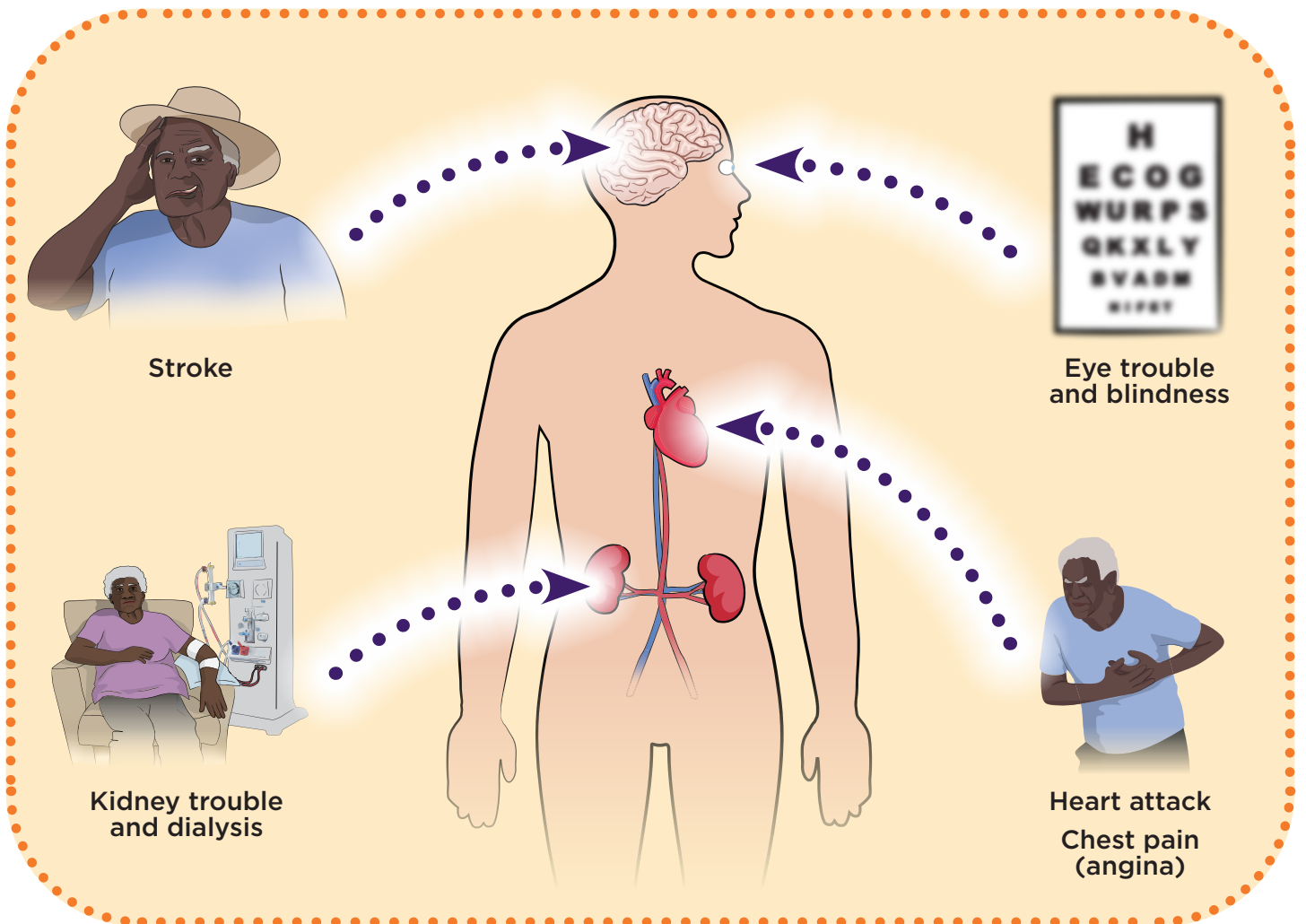
Sometimes there is too much pressure inside these pipes. This is called **high blood pressure**.

Doctors and medical people call high blood pressure **hypertension**.

Is high blood pressure a problem?

Most people who have high blood pressure don't feel sick or look sick. This means many people don't know they have high blood pressure.

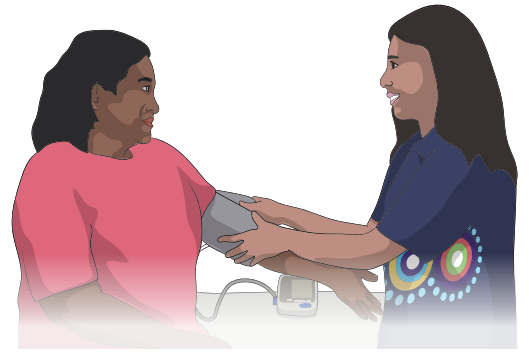
But high blood pressure can make your body sick, even if you can't feel it. It can cause:



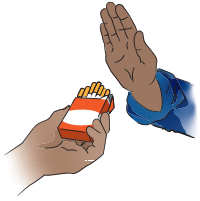
Things I can do about high blood pressure

1 Make sure you have your blood pressure checked at least once a year

- ▶ You might not know your blood pressure is high.
- ▶ Even young people can have high blood pressure.
- ▶ Talk to your doctor about what your blood pressure should be.



2 Stay healthy



Quit smoking



Cut back on alcohol and other drugs



Be active

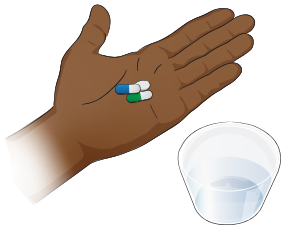


Find ways to cope with stress



Eat healthy tucker

3 Know about your blood pressure medicine

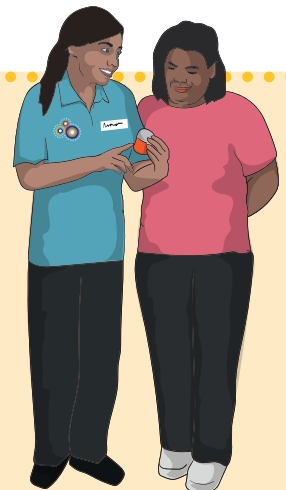


Sometimes staying healthy may not be enough. You might need medicine to keep blood pressure right.

- ▶ Take blood pressure tablets every day, even if you're feeling well.
- ▶ You can get sick if you stop taking your medicine suddenly. Make sure you talk to your doctor or Aboriginal Health Worker before stopping, to make sure any changes are safe for you.
- ▶ Some medicines don't go well with blood pressure medicines. These can be ones you buy without needing to see your doctor, like pain medicines from a supermarket. Check with your Aboriginal Health Worker, nurse, doctor or pharmacist before taking any other medicines.

Questions to ask about medicines for high blood pressure

- 1 How will it help me?
- 2 How do I take it and for how long?
- 3 What are the risks?
- 4 What else can I do?
- 5 Will I need any tests or check ups?



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