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## **MONITORING YOUR BLOOD PRESSURE**

### **What is Blood Pressure?**

Blood pressure is the pressure of the blood in the arteries as the heart pumps it around the body. If the blood pressure remains high it can cause serious problems like a heart attack.

What factors increase the risk of high blood pressure?

- Being overweight
- Smoking
- Diabetes
- High Blood Cholesterol

What can you do to reduce the risk of high blood pressure?

- Exercise regularly
- Limit your intake of salt
- Don't smoke
- Maintain a healthy weight range
- Drink in moderation

It is vital to see your physician regularly. One of the important checks that he or she will perform is a blood pressure check.

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