

OUR TOP TIPS FOR HEALTHY BLOOD PRESSURE

THANK YOU FOR BEING PART OF MAY MEASUREMENT MONTH.

For more information visit
www.maymeasure.org

If you have concerns,
please seek advice from a
trained medical professional.



MAINTAIN A HEALTHY WEIGHT

Just doing this can help bring down high blood pressure.



EXERCISE REGULARLY

Aim for an average of 30 minutes a day. For the exercise to be worthwhile, you need to feel warmer, breathe harder, and your heart needs to beat faster than it normally does. Brisk walking will do!



EAT PLENTY OF FRUIT AND VEGETABLES EVERY DAY

Eat vegetables raw or lightly steamed, rather than boiled, to get maximum nutrition. Avoid frying where possible.



ADD NITRATE RICH FOODS TO YOUR DIET

Regular consumption of foods rich in nitrate such as beetroot (raw or roasted – not boiled), green leafy vegetables and apples, have been found to reduce your blood pressure.



CUT DOWN ON SALT

Reduce your intake of salt. If you add salt to your food or when cooking, switch to a 'lower sodium' alternative like potassium-enriched salt ("lo salt", "lite salt" or "heart salt"). Don't forget a lot of salt is hidden in processed foods and is very high in most breads, cereals, soups and sauces – so always check the label!



CUT DOWN ON FAT AND SUGAR

Eating a diet low in saturated fats that includes lots of fibre (like lentils, almonds, fruits and vegetables) lowers blood pressure. Be especially wary of hydrogenated or 'trans' fats, as well as sugars 'hidden' as other names such as sucrose, dextrose, fructose, and glucose. Avoid high calorie fizzy drinks.



STOP SMOKING TOBACCO

Your arteries clog up even faster if you smoke and this causes many other health problems. Your blood pressure actually rises while you smoke.



REDUCE YOUR CAFFEINE INTAKE

Remember caffeine is found in some fizzy 'energy' drinks as well as in coffee and tea.



AVOID ALCOHOL

Keep alcohol intake to a minimum. If using alcohol, stick to local daily recommendations – usually less than 2 drinks for men and 1 for women (1 drink = small beer or wine).



RELAX

Stress raises blood pressure. So, where possible, try to allow time for relaxation.

#TheBigSqueeze



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DETECT • PROTECT • CORRECT

KNOW YOUR PULSE TO KNOW YOUR HEART RHYTHM

- it could save your life

Atrial Fibrillation Factsheet

Atrial Fibrillation (AF) is the most common arrhythmia (heart rhythm disorder), affecting four out of every 100 people over the age of 65. AF can increase the risk of stroke and heart failure.

What are the symptoms?

For some there are no symptoms and AF is only detected with a pulse rhythm check or ECG (reading of the heart rhythm).

However, many people experience:

- palpitations (being able to feel the increased and irregular heart rate)
- shortness of breath
- exhaustion
- light headedness (fainting)
- Chest discomfort - feeling as if the heart is like a bag of worms in your chest, or the beating of drums

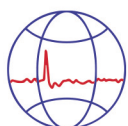
PREVENT AF-RELATED STROKE with access to appropriate anticoagulation therapy – it is important to receive anticoagulation therapy to reduce the risk of blood clots forming due to the irregular pumping of the heart. These clots can travel to the brain causing an AF-related stroke.

CORRECT the irregular heart rhythm with access to appropriate treatment including rate vs rhythm with medication, cardioversion or ablation.

Based on your heart tracing (ECG) result, we recommend that you...

- ☐ See your doctor as soon as you can and show them your ECG, where possible.
- ☐ Remember to check your pulse frequently to examine for an irregular heart rhythm. Find out how you can easily check your pulse by visiting www.KnowYourPulse.org

For those who have an irregular heart rhythm, and so possible AF, you can contact us for information by emailing: info@afa-international.org



AF-SCREEN



AFA
AF Association

Arrhythmia Alliance

www.heartrhythmalliance.org



MAY
MEASURE
MONTH

Atrial Fibrillation (AF) is the most common arrhythmia (heart rhythm disorder) which can lead to AF-related stroke and heart failure. It is important to Know Your Pulse to Know Your Heart Rhythm – it could save your life.