

We provide the very best Healthcare Services to you as an individual.

- HSE Regulated Medicals for Asbestos, Lead & Diving
- Oil & Gas UK (OGUK) Certified Medicals
- Transport Regulated Medicals for Taxi, HGV & PSV
- DVLA Medicals
- Aviation Medicals,(CAA, Private Pilot & Cabin Crew)

We Support Organisations

- Occupational Health Surveillance
- Diagnostic Services including Pathology & Radiology
- Bespoke Employment Medicals
- Executive Medicals

Private Services

- Private GP Appointments
- Private Prescriptions & Fit notes

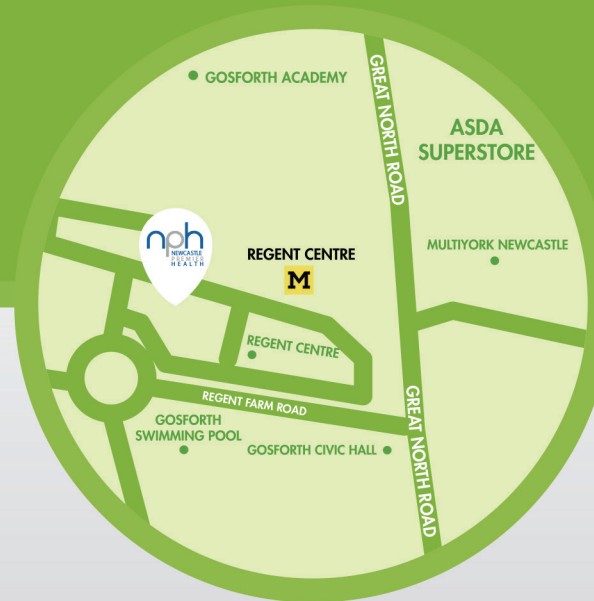
Travel & Immunisation Clinic

- Travel Advice
- Immunisations
- Yellow Fever Accredited Centre
- Fully Stocked Travel Shop


If you have any concerns about anything you've read in this leaflet or regarding your health in general you can access our Private GP service, with appointments available within 24 hours. Call us to find out more.

Find us.

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4th Floor of Dobson House, Regent
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NE3 3PF



Get in touch.

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nph
NEWCASTLE
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HEALTH



Blood Pressure Awareness

What is Hypertension?

Hypertension (or high blood pressure) occurs when blood is forced through the arteries at an increased pressure.

This puts strain on the arteries and on the heart itself, which can cause a number of complications such as a heart attack, stroke, kidney failure and eye damage.

Who is at risk of Hypertension?

Hypertension can be hereditary and people with conditions such as diabetes and kidney disease can be at increased risk. Lifestyle factors can also increase risk. These include a poor diet with high salt and fat intake, smoking and a high alcohol intake. Stress can also increase the risk of hypertension.

What are the symptoms of Hypertension?

Hypertension rarely causes symptoms and it is estimated that around a third of the British population have hypertension that is undiagnosed. Severe hypertension can cause symptoms such as headache, sleepiness, confusion and coma.

How can Hypertension be prevented and treated?

A healthy lifestyle can lower the risk of hypertension. This includes healthy eating, regular exercise, stopping smoking and not exceeding the daily recommended allowance of alcohol. Being able to relax and avoid stressful situations where possible will help to prevent elevated blood pressure.

It is recommended that people over the age of 50 years have their blood pressure checked on a regular basis. The normal treatment for hypertension would be medication.

How can I reduce my Blood Pressure?



Stop Smoking

Tobacco use causes high blood pressure. Try to stop smoking.



Cut down on Salt

Don't add it and remember to check food labels.



Eat Plenty of Fruit and Veg

At least 5 portions a day.



Exercise Regularly

That doesn't have to mean the gym, how about a regular lunchtime walk?



Drink Alcohol in Moderation

No more than 3-4 units a day for men and no more than 2-3 units for women.



Watch Your Weight

Try to reach the right weight for your height.

Blood Pressure Readings

Low Blood pressure readings read between

70 and 90 for the systolic *pressure and 40 and 60 for the diastolic* pressure.

Ideal Blood pressure

readings should be between 90 and 120 as the systolic pressure and 60 and 80 for the diastolic pressure.

High Blood pressure

readings read between 140 and 190 for systolic pressure and 80 and 100 as the diastolic pressure.

*Systolic is the top number and diastolic is the bottom number in a blood pressure reading.

Remember! Know Your Numbers.

Have your blood pressure checked at least once a year.

