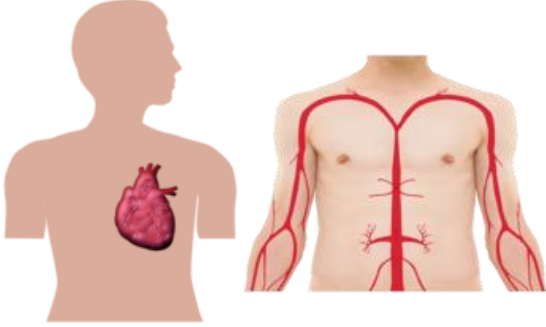
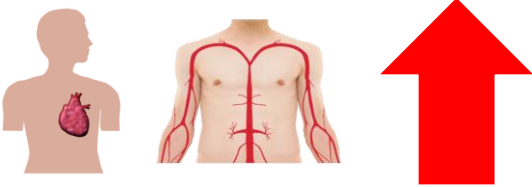

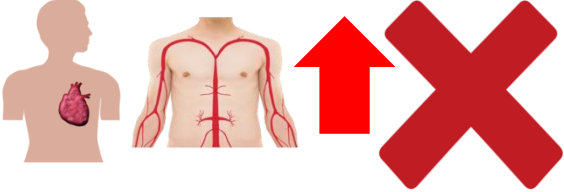

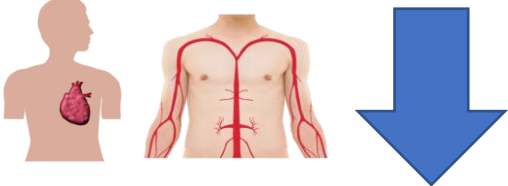


# What is blood pressure and how is your blood pressure taken?



An easy read leaflet.

	<p>Blood pressure measures how well your heart is pumping blood around your body.</p>
	<p>Sometimes your blood pressure can be high.</p>
	<p>High blood pressure can be because of:</p> <ul style="list-style-type: none"> <li>• Smoking</li> <li>• Drinking too much alcohol</li> <li>• Being overweight</li> <li>• Not enough exercise</li> </ul>
	<p>If you have high blood pressure and it isn't treated.</p>
	<p>It could lead to you developing serious long-term health conditions which can make you very unwell.</p>
	<p>Sometimes your blood pressure can be low.</p>

	<p>Low blood pressure can be because of:</p> <ul style="list-style-type: none"> <li>• A side effect of medicine you take</li> <li>• Other underlying health conditions that need checked by a Doctor</li> </ul>
	<p>To help make sure you are healthy a blood pressure test will be taken by a health professional.</p>
	<p>To take your blood pressure, the health professional will put a cuff on your arm or leg.</p>
	<p>The cuff will tighten around your arm or leg and be uncomfortable for a few minutes.</p>
	<p>Blood pressure can be taken two ways.</p> <ul style="list-style-type: none"> <li>• Using a stethoscope</li> <li>• Using a machine</li> </ul> <p>Your blood pressure result will be a number.</p>

	<p>It will take a few minutes to get your blood pressure reading.</p>
	<p>When the health professional has the reading, they will take the cuff off your arm.</p>
	<p>The health professional will then write the number down or type into a computer.</p>
	<p>The health professional will talk to you about your blood pressure reading and what it means to you.</p>
	<p>They will talk to you about how to be healthy and you or your supporter can ask them questions to help support you.</p>

Developed by the North East & Cumbria Learning Disability Network

[www.neclldnetwork.co.uk](http://www.neclldnetwork.co.uk)