

## **News release**

Friday September 9, 2011  
For immediate release

### **Know your blood pressure numbers**

Patients are being reminded to know their numbers when it comes to taking care of their blood pressure.

Know Your Numbers! Week is a national campaign which encourages adults across the UK to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.

In support of Know Your Numbers! Week, the Leicester, Leicestershire and Rutland PCT cluster is urging people in the city to check out their blood pressure and be more aware of what they can do to prevent the long term health problems associated with the condition. Know your Numbers Week will take place between 12-18 September.

Currently there are more than 40,500 patients on high blood pressure (hypertension) registers in the city and over 94,000 in Leicestershire County and Rutland. This means their blood pressure is at an unhealthy level and needs to be regularly monitored by their GP.

In most cases a blood pressure reading below 130 over 80 (130/80mmHg) is considered to be normal. At this level a person has a much lower risk of developing heart disease or stroke in later life.

Ivan Browne, consultant in public health for the cluster, said: "If your blood pressure is normal, this is great news but if it's high you need take action to bring it back to within the normal range. For some of us this may mean, losing some weight, eating more fruit and vegetables, taking regular exercise, eating less salt in your diet and for some people a doctor may need to prescribe treatment to help them to lower their blood pressure.

"High blood pressure (hypertension) is one of several 'risk factors' that can greatly increase your chance of developing heart disease, a stroke, and other serious conditions. As a rule, the higher the blood pressure, the greater the risk.

"It's critical to know that in most cases high blood pressure has no obvious signs or symptoms. The best way to find out if your blood pressure is high is to have it measured by a health professional. Many things can affect your blood pressure levels through the day, so your doctor or pharmacist will take a number of readings to make sure that it's accurate."

Some pharmacies across the county and city offer free blood pressure tests so pop into your nearest pharmacy. A selection of participating pharmacies are below.

Your Pharmacy  
51-53 Narborough Road  
Leicester, LE3 0LE

Sheridan Pharmacy  
2 Spinney Hill Road  
Leicester, LE5 3GG

Blackbird Pharmacy  
8 Blackbird Road  
Leicester, LE4 0FS

Healthcare Pharmacy Ltd  
340 Welford Road  
Leicester, LE2 6EH

ASDA Pharmacy  
ASDA Oadby  
Oadby Firth  
Oadby, Leicester, LE2 4AH

Astill Logde Pharmacy  
234 Astill Lodge Road  
Anstey  
Leicester, LE4 1EF

ASDA Pharmacy,  
ASDA Hinckley  
Barwell Lane  
Hinckley, LE10 1SS

Hms Pharmacy  
3-4 Baxter Gate  
Loughborough, LE11 1TG

Alternatively contact your GP.

For further information about blood pressure please log onto [www.nhs.uk](http://www.nhs.uk) or [www.bpassoc.org.uk](http://www.bpassoc.org.uk) to find further testing locations.

ENDS

**For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk)**

Notes to Editors

- High blood pressure affects a third of UK adults, yet millions have no idea that they have the condition. It's symptomless, and untreated, can cause stroke and heart attack
- Blood pressure is the pressure of blood in the arteries. If your blood pressure is too high it can narrow the arteries and blood vessels in your body and this can lead to damage to the brain or heart. If it is too high over a period of time and not treated,

then you will be at increased risk of heart attack, stroke and heart failure. High blood pressure is also a risk factor for kidney disease, dementia and some eye conditions.

- High blood pressure can be triggered by a number of factors including obesity, prescription drugs and emotional experiences.

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of around 1.5m. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament.