



# HIGH BLOOD PRESSURE

**Bromley**

**Well**

## HEALTH FACT SHEET

Updated December 2025

### What is high blood pressure?

High blood pressure (also known as hypertension) is when the force of the blood pumping around your blood vessels is too high. Blood pressure is recorded with two numbers. The higher number measures the force at which your heart pumps blood around your body and is known as systolic pressure. The lower number is the resistance to blood flow in the blood vessels, which is known as diastolic pressure. Both are measured in millimetres of mercury (mmHg).

In the UK, more than 1 in 4 adults have high blood pressure. Many people are unaware that their blood pressure is too high because high blood pressure rarely has noticeable symptoms.

### What are the symptoms?

Most people with high blood pressure do not experience symptoms, but some can experience:

- Headaches due to increased in smaller blood vessels
- Shortness of Breath
- Nosebleeds
- Anxiety

If you start to experience new symptoms, especially severe headaches, shortness of breath or chest pains, you should contact a healthcare provider.

### HOW TO KEEP TRACK OF YOUR BLOOD PRESSURE

You can check your blood pressure yourself with a home blood pressure monitor. Your local pharmacist can signpost you to help you find one. If you don't feel comfortable checking your blood pressure yourself, you can get your blood pressure checked:

- At some pharmacies
- During an NHS Health Check
- In some workplaces
- At your GP surgery



**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



# HIGH BLOOD PRESSURE

**Bromley**

**Well**

## HEALTH FACT SHEET

Updated December 2025

### What are the causes?

It is not always clear what causes high blood pressure, but your risk is increased if you:

- Eat too much salt and don't eat enough fruit and vegetables.
- Don't do enough exercise.
- Drink too much alcohol or coffee (or other caffeine-based drinks).
- Smoke.
- Don't get much sleep or have disturbed sleep.
- Are over the age of 65.
- Are overweight.

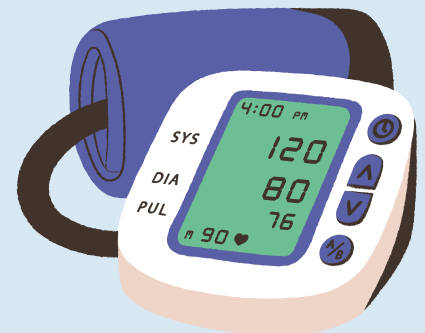
### What about treatment?

Healthy lifestyle changes can help lower your blood pressure:

- Eat less salt (limit your salt intake to 6g/day).
- Try to eat a balanced, healthy diet.
- Be more physically active.
- Cut down on alcohol and caffeine based drinks
- Stop smoking.
- Try to get a good night's sleep.
- Taking blood pressure medication prescribed by your doctor – do not stop taking these without contacting your medical professional.

### Blood Pressure Information

- Normal Blood pressure is between 120/80 mmHg or less.
- High blood pressure is 140/90mmHg or higher.
- Low blood pressure is considered to be 90/60mmHg or lower.



**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



# HIGH BLOOD PRESSURE

Bromley

Well

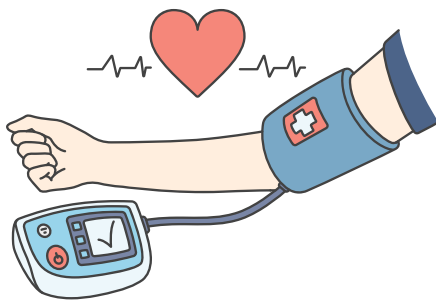
## HEALTH FACT SHEET

Updated December 2025

### Some myths

**Myth 1: I take medication for high blood pressure, so I don't need to worry about lifestyle changes.**

Not true! Even if you are controlling your blood pressure with medication, it can still be helpful to make changes to your lifestyle. Making lifestyle changes can help manage your blood pressure in the long-term and prevent it from increasing even more, over time. Making healthier choices can also reduce the risk of complications related to high blood pressure, such as heart failure and stroke.



**Myth 2: I feel fine and I'm young, so I don't need to check my blood pressure.**

This is not correct. Many people with high blood pressure have no symptoms, so it is important to check your blood pressure. While high blood pressure is more common as we get older, anyone can have high blood pressure, including children and young adults.

### What about low blood pressure?

Instead of high blood pressure, some people can have low blood pressure. Having low blood pressure does not always cause symptoms, but it can sometimes cause:

- Light headedness or dizziness and fainting
- Blurred vision
- Feeling sick
- Confusion
- Generally feeling weak

See your GP if you keep getting symptoms of low blood pressure.

**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**



# HIGH BLOOD PRESSURE

**Bromley**

**Well**

## HEALTH FACT SHEET

Updated December 2025

### FURTHER RESOURCES

#### British Heart Foundation

**Help Line: 0808 802 1234 and  
0300 330 3311**

**[www.bhf.org.uk/](http://www.bhf.org.uk/)**

A national charity providing information and advice for the public and for health professionals. A really useful website containing lifestyle advice, the latest research, information about tests and treatments, and signposting to local support groups.

#### Blood Pressure UK

**Help Line: 0207 882 6218**

**[www.bloodpressureuk.org](http://www.bloodpressureuk.org)**

A national charity providing information about checking your blood pressure, what the results mean, and advice about lifestyle changes and medication. Online forum available.

#### BDA Fact Sheet Hypertension

**[www.bda.uk.com/resource/hypertension-diet.html](http://www.bda.uk.com/resource/hypertension-diet.html)**

Factsheets from the Association of UK Dietitians, containing diet advice for people living with hypertension and tips for managing the condition.

### References

- NHS conditions [www.nhs.uk/conditions/high-blood-pressure-hypertension/](http://www.nhs.uk/conditions/high-blood-pressure-hypertension/)
- British Heart Foundation Hypertension Tips [www.bhf.org.uk/information-support/heart-matters-magazine/research/blood-pressure/blood-pressure-tips](http://www.bhf.org.uk/information-support/heart-matters-magazine/research/blood-pressure/blood-pressure-tips)
- Public Health England [www.gov.uk/government/publications/health-matters-combating-high-blood-pressure](http://www.gov.uk/government/publications/health-matters-combating-high-blood-pressure)

**To register with Bromley Well:  
Freephone 0808 278 7898  
Or register online:  
[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct  
07985 431484 / 07985 444210  
or email  
[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**