

ARE YOUR PIPES IN GOOD WORKING ORDER?



High blood pressure will damage your blood vessels. Use a home blood pressure monitor to find out whether your blood pressure is under control and lower your risk of stroke and heart disease.

Don't forget about your blood pressure. Act now to keep your pipes in good working order.

Know Your Numbers!®
Week 2021
6-12 September

Learn more at
bloodpressureuk.org
[#KnowYourNumbers](https://twitter.com/KnowYourNumbers)



Blood Pressure UK
Helping you to lower your blood pressure