

## **Know Your Numbers! Week**

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6 September - 12 September 2021

Unfortunately, due to social distancing measures Blood Pressure UK won't be able to offer free pressure checks in your community Pressure Stations again this year, but are still encouraging everyone to Know Their Numbers! by home blood pressure monitoring.

Home blood pressure monitoring is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It gives you a way to take control of your health, feel confident and take the pressure off the NHS at the same time, as there's no need to visit your GP, practice nurse or pharmacist in person. It puts you in the driver's seat, and it really can save lives.

This year, Blood Pressure UK want everyone to Know Their Numbers! and find those with undiagnosed and uncontrolled high blood pressure and therefore:

- encourage the nation to use a simple and reliable blood pressure monitor to measure their blood pressure at home
- and take the necessary steps if their reading is considered high
- raise awareness about the risks of high blood pressure.

#### **Blood Pressure Home Monitoring**

[Home monitoring](#) offers a way for YOU to take control of your health, feel confident, and take the pressure off the NHS at the same time. It gives you a practical way to Know Your Numbers! without visiting your GP or pharmacist, and it really can save lives.

High blood pressure can lead to heart attacks, strokes and other illnesses. Once you Know Your Numbers! you can get support to bring your blood pressure under control and prevent these diseases.


Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check.

Visit Blood Pressure UK's [online measuring your blood at home resources hub](#) to download our range of home blood pressure monitoring resources for this Know Your Numbers! Week and beyond.

## How to Measure your Blood Pressure at Home

The first step to managing your blood pressure is to Know Your Numbers! Watch the video below to see how to measure your blood pressure at home and use the tips and resources below to check your own blood pressure.

[Blood Pressure UK - how to measure your blood pressure at home](#)

 [Checking Blood Pressure at Home \[113kb\]](#) - this A5 booklet provides clear instructions on how to measure blood pressure at home. It covers how to choose an accurate monitor, how to use the machine correctly at home and when to measure.

For more details however click on the [Blood Pressure UK webpage](#)

## How to Lower Blood Pressure

There are lots of simple things you can do to start lowering your blood pressure today. Medications are also available if you need them.

Keeping your blood pressure healthy helps to keep your blood vessels and your heart healthy. Even small changes can make a big difference: lowering your blood pressure by just [10mmHg](#) lowers your risk of a stroke or heart attack by a fifth. And there is support available.

- **[Healthy living](#)**  
Getting active, keeping to a healthy weight and stopping smoking are some of the best things you can do for your blood pressure. [See how to make healthy changes to lower your blood pressure.](#)
- **[Healthy eating](#)**  
What you eat can make a huge difference to your blood pressure quickly and naturally. Getting your-five-a-day while cutting back on salt and saturated fats will help. [Learn about healthy eating for high blood pressure.](#)
- **[Medications](#)**  
If you have been diagnosed with high blood pressure, your doctor might suggest taking medications to lower it. See the [medicines for high blood pressure](#) and how to get the most from them.
- **[Monitoring your blood pressure at home](#)**  
Checking your blood pressure at home can help you see how well any changes you're making are working and feel more in control. Learning how to [measure your blood pressure at home.](#)