

Know Your Numbers Hub

Grow your understanding of blood pressure and find tips and advice to help you manage your own numbers.

Open
1st - 30th
Sept

Take a look

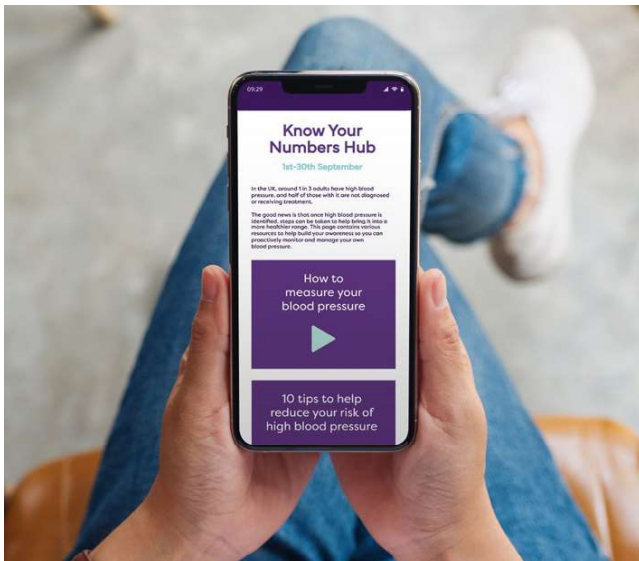


Know Your Numbers Hub

What is it?

Know Your Numbers Hub is an online collection of videos, downloads and signposting links to help grow your understanding of blood pressure and give you the tools and guidance to help manage and monitor it.

The hub is available to access throughout September, which is also when Know Your Numbers Week takes place, an awareness campaign by Blood Pressure UK.



In the UK, around 1 in 3 people have high blood pressure, which rises to 1 in 2 for those over 65 years. Out of these cases, more than 5.5 million are undiagnosed in England alone. High blood pressure is often referred to as “the silent killer” due to its lack of symptoms, and potentially serious consequences.

The good news is that steps can be taken to help bring your blood pressure into a healthier range if it is too high. Tips on achieving this are included in the hub.

What topics will be covered?

Some of the topics featured will include:

- How to measure your own blood pressure
- Common risk factors
- Tips to help reduce your risk
- Diabetes and blood pressure
- Shift-work and hypertension
- Real-life stories on managing hypertension

What are the benefits of checking your blood pressure?

There are multiple benefits to checking your blood pressure. For example, it can help to:

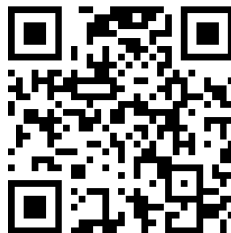
- Identify early signs of hypertension so it can be managed.
- Reduce your risk of having a stroke, heart attack, or developing kidney disease.
- Allow you to notice changes and make adjustments as needed i.e. if stress is causing your blood pressure to rise, stress management techniques can be adopted.
- Identify underlying health conditions that can cause your blood pressure to rise e.g. diabetes, kidney disease and thyroid problems.
- If you are taking medication for high blood pressure, regular checks can show if the medication is working effectively.

Ultimately, it empowers you to take control of your health and put modifications in place if needed.



How do I access the hub?

Know Your Numbers Hub will be available 1st - 30th September to coincide with Know Your Numbers Week, which also takes place between 4th - 10th September.



Commit to getting to know your own numbers, and visit knowyournumbershub.co.uk