

Health Matters

Assistance Programme

Employee Support Bulletin April Issue 2013



Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

High Blood Pressure



Around 30% of people in England have high blood pressure, but many don't know it.

Blood pressure is not usually something that you feel or notice because it does not always cause symptoms. The only way of knowing there is a problem is to have your blood pressure checked by your GP.

High blood pressure (*hypertension*) is where your blood exerts a persistent and abnormally high strain on your arteries and circulation. If left untreated, it may increase your risk of heart attack and disease, strokes, kidney problems and some forms of dementia.

How to lower your blood pressure

One of the best ways to lower your risk of high blood pressure is by making simple changes to your lifestyle and diet.

Try these tips:

- **Exercise regularly** - at least 30 minutes a day, five times a week
- **Drink less alcohol**
- **Eat a low-fat, balanced, healthy diet** – try to eat five portions a day or more of fruit and vegetables
- **Limit your salt intake – to less than 6g** (or a teaspoon) a day
- **Maintain a healthy body weight**
- **Restrict caffeine consumption** – to less than five cups of coffee or tea a day
- **Learn to de-stress** – try some relaxation therapies such as meditation
- **Give up smoking**



You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk