

the magazine of the Blood Pressure Association

ISSUE 25 > Autumn 2009

POSITIVE

pressure

**CLARIFYING
CHOLESTEROL**
Saint and sinner?

**CHRISTMAS COUNT
DOWN**
Perfect presents
and cards

**MYSTIFIED BY
MONITORING?**

Home checks
put to the test



**Blood Pressure
Association**
the blood pressure charity

PLUS
Know your
Numbers!
2009

pressure is the magazine of UK charity, the Blood Pressure Association. We aim to significantly improve the prevention, diagnosis and treatment of high blood pressure in order to prevent death and disability from stroke and heart disease. We are an independent registered charity and rely on donations and grants to carry out our work. All views expressed within the magazine are those of the authors and do not necessarily reflect those of the BPA. The information in this magazine is designed to support and supplement your relationship with your doctor, not to replace it.

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Positive about your blood pressure



Welcome

From Mike Rich, Executive Director

Welcome to the latest edition of Positive Pressure. At the beginning of the year, our survey of BPA members found around 40 per cent also have high cholesterol, so we are featuring an article on the subject, including details of when we took Radio 2 DJ Chris Evans' blood pressure and cholesterol live on air.

We also have the usual round-up of news, together with a selection of Christmas ideas – why not treat yourself or a loved one to one of our blood pressure monitors? New Christmas card designs are also available – a brilliant way to support our charity.

Know your Numbers! 2009, our flagship event, once again proved to be hugely successful with thousands of people up and down the UK getting to know their blood pressure numbers. And to show you that the event really works, we have Tony Dure's story - he was diagnosed with high blood pressure as a result of last year's event.

We also have an article on home monitoring – I've tried out a few types of monitors and kept readings in line with monitoring guidelines, as well as trialling a 24-hour ambulatory

machine. See how I got along, and find the right way to monitor at home.

Once again, many thanks must go out to our supporters. Kath Howitt again organised the Wakefield Healthy Heart Run in memory of her late husband and a great event it was – raising both money and awareness. Thanks also to Jeremy Sandford and many other runners who braved cramp to support us in London. For those of you who might want to follow suit, we have places left in the Santa Run.

Look out for a new programme called 'How low can Mike go?' in the next issue and on our website. The fiendish staff here have decided I should try out a variety of ways by which, it is said, you can lower your blood pressure – from the obvious, such as walking, to the less obvious such as beetroot juice. I'll be putting different products and ideas to the test, so you don't have to.

With best wishes
Mike Rich

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Sign up for your copy of **POSITIVE pressure**

If you've enjoyed reading this magazine, but this isn't your own copy, or you know of a friend or family member who might like it, then why not sign up to have your own Positive Pressure delivered direct to your door? By becoming a member of the Blood Pressure Association, you'll receive four editions every year, our jargon-busting A-Z blood pressure guide, and a host of

other benefits, all for just £20 a year*. And of course you'll also be helping us to continue making a difference to those living with high blood pressure.

Call us on 020 8772 4994, during office hours Monday to Friday, or visit www.bpassoc.org.uk/Supportingyou

*Reduced membership rates available.

'Going green' may help heart

Researchers have found that a chemical contained in green vegetables helps to prevent heart attacks and strokes. The chemical – sulphorane – appears to stop blood vessels being clogged up by cholesterol.

It's already known that cholesterol tends to build up on the insides of blood vessels where they bend and branch. These particular areas seem to lack the protection of the protein Nrf2, which normally prevents cholesterol building up.

Researchers found that Nrf2 did not work in these areas because it was attached to another protein. This latest study shows that, in the laboratory, sulphorane removes the unwanted protein and reactivates Nrf2.

Good natural sources of sulphorane are green 'brassica' vegetables, such as broccoli, cabbage and cauliflower. It now remains to be established whether eating these vegetables has the same effect on living blood vessels as has been seen in the test tube.



Source: Zakkar M, Van der Heiden K, et al. Activation of Nrf2 in Endothelial Cells Protects Arteries From Exhibiting a Proinflammatory State. *Arterioscler Thromb Vasc Biol*, Sep 2009; doi:10.1161/ATVBAHA.109.193375.



Wasting statins costs NHS £200m

The NHS spends nearly £200 million a year on statins for people who do not take them, according to a study presented at this year's British Pharmaceutical Conference. And this figure rises dramatically if you include every medication prescribed in the UK – four in 10 people do not take their medicines regularly enough to get any benefit from them. This equates to £4 billion wastage a year, or enough to fund 120,000 extra nurses, reports *The Times* newspaper.



Rate your GP

Patients are being encouraged to let others know what they think of their GP surgery on a new NHS website designed to drive up standards in primary care.

At www.nhs.uk, you can now post comments ranging from how you were treated to whether it was easy to book an appointment.

The Government recently announced that you will soon be able to register with a GP practice of your choice. The new ratings site aims to help provide the information needed to decide which of England's 8,300 practices is right for you.

Similar to the hospital comparison service launched over the summer,

the tool will make it easier to find key information in one place, such as opening times and additional facilities offered by a GP practice. Patients will also be able to read other people's comments about how highly they would recommend the GP practice and if they felt they were involved in decisions about their care.

But writing abusive comments and mentioning staff by name will not be allowed, say health officials. Health minister Mike O'Brien said:

"As we open up real choice in primary care, it is vital we equip patients with enough information to make the right choice for them.

"This new tool allows every single GP practice in the country to see the patient's view on what they are doing well and what needs to be improved. It will help drive up quality across the board."

Vital vitamin D

Young women who do not get enough vitamin D are three times more likely to develop high blood pressure in middle age than their peers, American research has revealed.

The study looked at vitamin D levels and blood pressures of 559 women aged 24-44 years old (with an average age of 38) over the course of 15 years.

At the beginning of the study, 5.5 per cent of the women who had low vitamin D levels had high blood pressure, compared with 2.8 per cent with normal levels. At the end of the study, this had risen to 10 per cent of women with vitamin D deficiencies and 3.7 per cent for women with healthy levels.

The researchers believe the results show that maintaining healthy levels of vitamin D throughout life is important in helping to avoid high blood pressure.

Source: This study was presented at a meeting of the American Heart Association in Chicago on 24 September 2009.

Good sources of vitamin D

Sunlight helps our skin to make the most of our vitamin D.

We can also get vitamin D from: eggs, oily fish, fish liver oils, fortified foods such as breakfast cereals and margarine.

Liver is also a good a source of vitamin D, but should only be eaten in moderation. (It is also a rich source of vitamin A and too much can be dangerous.)

Research to overcome resistance

A new type of medicine has been tested in the US that may help people who struggle to lower their blood pressure using existing blood pressure tablets.

The new experimental drug, darusentan, works by stopping the blood vessel walls from making a chemical that narrow the vessels and raises blood pressure. By

lowering the levels of this chemical, the blood vessels open out,

giving more space for the blood to flow in, which in turn reduces blood pressure.

In the study, 379 people who were already taking three blood pressure medicines (including a diuretic)

were given either a placebo or darusentan to take in addition to their current tablets. The medication was tested at three different levels (50mg, 100mg and 300mg) for 14 weeks.

At the end of the three months when compared with placebo, the addition of darusentan reduced

systolic blood pressure by up to 10mmHg.

The main side-effect was fluid retention, which occurred in 27 per cent of people taking darusentan (compared with 14 per cent who didn't take the drug).

However, in an editorial in the Lancet, Blood Pressure Association Trustee Professor Bryan Williams urged caution over the findings. He noted that the drug may be useful to treat 'resistant' high blood pressure, but it could not be used for people with heart failure because of the high rate of fluid retention. He also pointed out that another drug, called spironolactone, which is already used to treat resistant high blood pressure may be even more effective.

Darusentan is not currently licensed for the treatment of high blood pressure in the UK.

Sources: Weber MA, Black H, Bakris G et al. A selective endothelin-receptor antagonist to reduce blood pressure in patients with treatment-resistant hypertension: a randomised, double-blind, placebo-controlled trial. Lancet, Early Online Publication 14 September 2009. doi:10.1016/S0140-6736(09)61500-2.

Williams B. Resistant hypertension: an unmet treatment need. Lancet, Early Online Publication, 14 September 2009. doi:10.1016/S0140-6736(09)61600-7.





'Free from' foods not free from salt

Many 'free from foods' are higher in salt than their standard versions, according to research carried out by the BPA's sister charity Consensus Action on Salt and Health (CASH).

CASH surveyed over 70 supermarket own-label products from 'free from' ranges (products free from gluten, wheat or dairy) and over half were found to have higher levels of salt than the standard counterparts.

One of the main offenders was Sainsbury's Free From Jaffa Cakes, which had more than six times the salt level of the standard Sainsbury's Jaffa Cakes. Morrison's Free From Chocolate Chip Cookies and Asda's Free From Double Chocolate Muffins were both found to have around three times as much salt as their standard versions.

Katherine Jenner, Nutritionist at CASH, said: "Many people in the UK suffer from food allergies so follow a wheat or dairy free diet. But we don't think they should be risking their health further by eating high salt 'free from' ingredients."

BPA Executive Director, Mike Rich, added: "Many people buy 'free from' products to avoid having health problems, so it's very disappointing that so many have been found to be loaded with unnecessary salt. We hope that supermarkets will now take a look at reducing the salt content on the 'free from' shelves, as well as their standard own-brand products."

Is your food full of it?

Salt awareness made its way onto the small screen with the launch of the Food Standards Agency's (FSA) new advertising campaign. It urges people to find out if their food is 'full of it' by checking labels for salt content – you may have seen the TV advert featuring comedian Jenny Éclair.

The advertising focuses on the 'surprising places' where salt can be found since three quarters of people are not aware that bread and breakfast cereals are among the top salt-contributing foods in our diet. Other foods include pasta sauces, ketchup and soup and the FSA suggests people shop around to find lower salt versions.

Rosemary Hignett, the FSA's Head of Nutrition, said: "We're not suggesting people stop eating or even cut down on bread or breakfast cereals as they are an important part of a healthy diet. But we are saying take a look at the labels to find one that is lower in salt. This could be a supermarket own-label product, and maybe one from the 'value' range."



Warm welcome

We are pleased to welcome Veena Joseph-McBride as the BPA's new Fundraising Manager. Veena has a wealth of fundraising experience, starting her career with special care babies' charity Bliss, and working in education, arts, media and conservation. "The Blood Pressure Association does some amazing work in raising awareness and saving lives. I'm delighted to be part of the team," said Veena.

Legging it

People with bigger thighs have a lower risk of heart disease and early death, according to a study of 3,000 Danish men and women. Those with a thigh circumference of more than 60cm had half the risk of people with thighs of less than 55cm. Researchers think the extra muscle mass of toned larger thighs helps people to deal with insulin properly, lowering their risk of diabetes, which can lead to heart disease.

Road rage

Living near noisy roads could raise your risk of developing high blood pressure, according to Swedish research. A study looked at almost 28,000 people and found regular road noise of more than 60 decibels (the sound level of a normal conversation) increased the risk by 25 per cent. Swedish researchers suggest noise could disrupt sleeping patterns (which has been found to affect blood pressure), but UK experts aren't convinced – citing unhealthy lifestyles as a far bigger issue.



Fiat champ

Congratulations to Adelle Coakley, who was the lucky winner of a stylish Fiat 500 in this year's small charity car draw. 413 charities took part in the draw, run by the Foundation for Social Improvement, and 38,318 tickets were sold. Many thanks to all those who bought a ticket on behalf of the Blood Pressure - £1.90 of each of the tickets sold went directly to our charity and in total £430 was raised to help fund our work.

Blood pressure takes over the airwaves

We would like to say a big thank you to everyone who spread the word about our special broadcast on BBC Radio 4's Charity Appeal. Almost two million people heard the Blood Pressure Association's message, which was broadcast on 23 and 27 August.



We are delighted with the messages of support and donations that we have received via our website and the BBC's own Appeal Line. So far, we have raised more than £2,160 - and you can still make a donation by calling us on 020 8772 4994.

Thanks are also extended to actor Timothy West who donated his time to highlight the hidden dangers of high blood pressure and the need to be blood pressure-aware.

Most importantly, we would like to thank BPA supporter Kath Howitt, who lost her husband Glen to undetected hypertensive heart disease, for agreeing for their story to be told.

Not only were two million people made aware of their need to 'know their numbers' - just ahead of our free blood pressure testing week - but they were also informed of our charity's vital work in helping to lower the nation's blood pressure for life.

Get on your bike!

Want to turn back the clock to when you were in your 30s? It seems that just three months of cycling, swimming or going to the gym may be the answer.

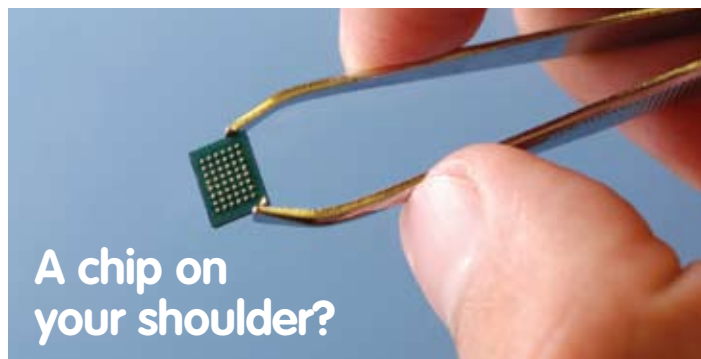
Two studies followed 10 postmenopausal women over the age of 50 who agreed to one hour of hard cycling a day, five days a week for 12 weeks. At the end of this period their blood pressures had improved, their heart rates had lowered and they could burn off more fat.



The researchers say this shows that postmenopausal women can achieve the same health benefits from regular, vigorous exercise as younger women. In fact, after 12 weeks of cycling, the women had the same cardiovascular and metabolic capabilities as women who were 16 years younger than them.

Sources: Zinta A. Zarins et al. Effects of endurance training on cardiorespiratory fitness and substrate partitioning in postmenopausal women. *Metabolism - Clinical and Experimental*, September 2009 (Vol. 58, Issue 9, Pages 1338-1346)

Zinta A. Zarins et al. Training improves the response in glucose flux to exercise in postmenopausal women. *J Appl Physiol*, Jul 2009; 107: 90 - 97.



A chip on your shoulder?

We may literally have to shoulder the responsibility of taking our medicines in the future. Pharmaceutical company Novartis has found a microchip on the shoulder may be the perfect way to remind people to take their pills.

Researchers trialled the system on 20 people who were taking blood pressure tablets. Each person put a microchip patch on their shoulder, and tablets also contained a tiny edible microchip of their own. The chips in the tablets told the shoulder chip when they had been taken. When a person forgot to take their

tablet, the shoulder chip sent a text message to their mobile phone to remind them that their next one was due.

Over the six-month trial 80 per cent of people remembered to take their tablet every day, compared with 30 per cent before the trial started.

Take two

Taking two medicines to lower blood pressure and cholesterol, along with low-dose aspirin, has been proven to dramatically reduce the risk of a heart attack or stroke for people with heart disease or diabetes.

A long-term, large-scale trial has shown that this approach can slash the risk by more than 60 per cent. And the benefits increase the more faithfully the medications are taken.

The study followed more than 170,000 people who had either diabetes, heart disease, or both. They were encouraged to take daily low-dose aspirin, were given a statin to lower their cholesterol and an ACE inhibitor to lower their blood pressure.

Over two years, researchers measured how often they took their medicines by checking how they refilled their prescriptions.

They identified three main groups:

Didn't take their medication - this group of 101,464 people chose not to take both the statin or ACE inhibitor or took just one of them

Took their medication sometimes - this group of 47,268 people took both their medications, but on an infrequent basis, less than half the time

Regular takers of their medication - this group of 21,292 people took their medication on a regular basis, more than half the time.

In the third year, they looked at how many people had to go to hospital because of a stroke or heart attack.

The risk of stroke or heart attack was found to be directly related to how often people took their medications. People who took their medication sometimes had a 60 per cent lower risk than those who never took their tablets. Those who took their medication regularly had a more than 60 per cent lower risk than those who never took their tablets.

In addition, side-effects, such as muscle aches caused by statins, were found at the same rate as would be expected if the drugs were being taken separately.

Source: Kaiser Permanente Press Release: Bundling 2 low-cost heart drugs prevents heart attack and stroke in large, diverse population.

Rising tides of obesity and diabetes

More than one in 10 people are being treated for obesity and one in 20 for diabetes, according to new research from GP practices.

The figures show that there are now more than 2.6 million people with diabetes in the UK and more than 5.2 million registered as obese.

The number of people diagnosed with diabetes in the UK has increased by more than 145,000 in the last year.

Around 90 per cent of people with diabetes have Type 2 diabetes, often linked to lifestyle factors such as being overweight or obese, not taking enough exercise and eating an unhealthy diet. According to the International Diabetes Federation, at least 80 per cent of people with Type 2 diabetes worldwide are overweight or obese at the time of diagnosis.

"These latest figures are

extremely worrying," said Douglas Smallwood, Chief Executive of Diabetes UK. "Diabetes is a serious condition that causes heart disease, stroke, amputations, kidney failure and blindness, and more deaths than breast and prostate cancer combined.

"Many, but not all, people with Type 2 diabetes are overweight or obese. We need to do all we can to help people understand how a balanced diet and active lifestyle can help reduce their risk of developing the condition.

"If we don't stop the rising tides of obesity and diabetes, millions will face a future of ill-health and will put an ever-growing strain on NHS resources."



To home monitor or not to?

Will it worry or reassure? What monitor should I buy? When should I do it? We are asked these questions daily at the Blood Pressure Association, so we know just how confusing home monitoring can be. Here **BPA Executive Director Mike Rich** offers himself as a guinea pig to get to the bottom of home monitoring.

Monitoring basics

When home monitoring, there are some basic techniques to keep in mind:

- Always make sure you sit down for five minutes before you take your blood pressure so you are relaxed when you take the measurement.
- Make sure you haven't just eaten or recently had any caffeine or smoked a cigarette.
- Sit upright with your feet flat on the floor.
- Make sure that you have the correct-sized cuff and that it is fitted according to the manufacturer's recommendations.
- The cuff should be on your upper arm and in line with your heart, with your lower arm from your elbow resting flat.
- Take your blood pressure two or three times with at least a minute in between measurements. (We have more information on our website and home monitoring booklet.)

"I have to admit to not being the greatest user of home monitors. I have one at home, am surrounded by them in my office and am often asked to look at new models. However, I am not a creature of habit, so I don't find myself checking my blood pressure every Saturday morning at 10am. But I know that I should keep an eye on my blood pressure, and also know that when I do, I find myself considerably more motivated to take my tablets at the right time (I have now got myself a pill box to help with that one), keep my salt down and get out and walk the dog.

So why home monitor?

I think the simple answer to this is that it's the only way to keep an eye on your blood pressure, and to find out if what you are doing to keep it under control (medicines, lifestyle or otherwise) is actually working. For most of us with high blood pressure, the doctor is only obliged – in line with the Department of Health's Quality and Outcome Framework – to take our blood pressure once every nine months. In the meantime, I pick up my repeat prescription from the pharmacy, which I order online, and assume that all is going to plan. Without ongoing monitoring in between, who knows?

Choosing a blood pressure monitor

The most important thing to remember when deciding to buy a blood pressure monitor is to check that it is included in the British Hypertension Society's list of validated monitors or has been validated by the European Society of Hypertension. This is easily done as the details are all available on the internet (including our website), and for those

The BPA has a range of monitors, offered in conjunction with Microlife, which are clinically validated. For every monitor purchased, a donation goes to our charity.

For more information on our monitors, or to request our 'Measuring your blood pressure at home' leaflet visit www.bpassoc.org.uk or call us on 020 8772 4994.

If you don't find the information you need on our website or leaflet, you can call our Information Line: 0845 241 0989 (Mon-Fri, 11am-3pm)



without access to the worldwide web they are also available from the BPA (give us a call on 020 8772 4994).

Clinically validated machines have all been checked by clinicians in a test setting against mercury manometers, and have been proved to be accurate. While it's not possible to say that monitors that aren't clinically validated are inaccurate, we cannot be sure.

The second thing to consider is what you want the monitor to do – and this will also have an impact on price. For example, if you want a simple monitor to tell you your blood pressure on screen with a basic memory function, this will be at the cheaper end, but if you want your monitor to be able to download your measurements onto your computer and help you keep a closer eye on your blood pressure, then this will come at a premium.

Monitoring my blood pressure

Always keen to act as a guinea pig, I decided to put myself through a bit of intensive home monitoring to see what

happened to my blood pressure and get a feel for some monitors.

Firstly, I tried a 24-hour ambulatory monitor. These are normally only available through your clinician but give a great snapshot of what happens to your blood pressure throughout the day and night – and I wanted to know what happened to mine.

After that I decided to measure my blood pressure according to guidelines set by the European Society of Hypertension. These suggest that, to get a good picture of your blood pressure at home, you should use your monitor twice in the morning and twice in the evening at set times for seven days. Of course you could discipline yourself to use any validated monitor in this way, but I used the Watch BP Home monitor – this has a 'diagnosis' mode which made it easier for me to obtain like-for-like readings.

Lastly, I monitored my blood pressure at random over a few days to see what kind of picture that gave me."

My findings

"What came across very clearly when I looked at my results was the fact that blood pressure is incredibly dynamic – it goes up and down throughout the day.

From the random monitoring I could see how one-off measurements taken at different times of the day could give you a very skewed idea of your

blood pressure, as my systolic blood pressure differed between 146mmHg and 117mmHg – almost 30mmHg. With readings varying widely depending on the time of day, measuring my blood pressure on a casual basis certainly seemed to be the less effective method.

The 24-hour monitor worked very well and gave an accurate picture of my blood pressure – although

being woken up every hour during the night wasn't much fun.

Measuring my blood pressure according to the European protocol was the most effective for me. It gave me like-for-like blood pressures readings and more than 20 measurements during the whole period.

All in all, measuring my blood pressure at home

again has taught me a lesson. My numbers have crept up and are higher than I would like. The reason for that? Well, to be honest, I have let my lifestyle changes slip, and now that I have spent some time measuring my blood pressure, I can really see the consequences.

Definitely time to start stepping up those walks with the dog..."



Interview

Dr Henry White is a GP and family doctor in rural Warwickshire. He is among the experts behind the DVD 'Understanding High Blood Pressure'. The DVD clearly explains causes and treatments of the condition, and also includes a drama, personal stories and guidelines.

Could you tell us a bit about your background as a GP?

I have been a GP principal for 21 years. The main attraction is that you have responsibility for people's lifelong care, so you see on a personal level the cumulative benefits of good treatment and lifestyle education.

When and how did your specialist interest in high blood pressure begin?

I spent my student elective in Kenya assisting with a migrant study which was a key piece of research showing how important dietary salt is as a cause of high blood pressure.

Do you think people take blood pressure seriously enough?

Generally not. A big part of my job as a family doctor is to explain things. Most people have a good outline knowledge of medical conditions, but I find that many need a greater depth of understanding to really feel confident in making important decisions about lifestyle and medication.

High blood pressure is the major cause of cardiovascular disease (strokes and heart attacks) which is the biggest killer worldwide, accounting for about a third of deaths in developed countries.

A third of adults in the UK have high blood pressure, rising to two thirds by age 70, and it could almost all be avoided by adopting a healthy lifestyle at a young age. We should probably be encouraging our teenagers to avoid dietary salt where possible, as well as paying attention to dietary fat, exercise, and other proven lifestyle advice.

What are the most important questions a patient who has been newly diagnosed with high blood pressure can ask their doctor?

You should ask you doctor where to

get detailed information on lifestyle change, because for most people that is crucial to long term success. The more you understand the biology behind it the more sense it will all make.

It might also be worth asking your doctor about your individual risk of developing cardiovascular disease. This will depend on factors which include your age, gender, cholesterol level and blood pressure. You will probably be pleasantly surprised to then find out how much this risk can be reduced by successful interventions such as lifestyle and medicine.

How do you recommend people handle the white coat effect?

Most people's blood pressure is higher when measured in a clinic than when measured at home. The average difference is 12mmHg in the systolic blood pressure (6mmHg in the diastolic). In some individuals, however, the difference is a lot higher and this can be misleading. Usually either the doctor or the patient have a pretty good idea when the white coat effect is distorting the picture, and we can prove it by some form of monitoring at home. Make sure you have a well validated BP monitor such as those supplied by the BPA.

Why did you decide to put together the patient DVD on hypertension?

If you are going to change your diet, join a gym, or take pills, you need to be convinced of the value of doing so; and for that you need to understand the science behind it. The subject is a large one and health professionals are hard put to explain it all during short consultations, so the DVD was designed to help with this. Video graphics can explain it all so much more clearly than printed material, and

we have been able to weave in all sorts of footage and personal stories to bring the subject to life. There's a lot to absorb, and unlike internet material a DVD can be watched in comfort and in company on the sofa with a glass of wine! A field trial we are conducting in general practice shows it to be a very effective way of helping people to understand the subject.

If there was one piece of advice you could really impress upon patients on how to manage their blood pressure what would this be?

Think of high blood pressure as a lifestyle disease and make gradual changes. You will feel better for it! I would add that because high blood pressure is so common a huge effort has been put into developing and proving safe and effective treatments, so don't be scared of the drugs: if taken correctly they are among the safest in the pharmacy. If you get side-effects your doctor can usually find a combination that suits you.

And finally, do you know your blood pressure numbers?

Yes! At age 40, my blood pressure was too high at 150/100. Now, 11 years later, with no medication and just some simple lifestyle changes (mainly dietary salt reduction), it averages around 120/75, which is fine.

'Understanding High Blood Pressure' DVD costs £5 and is available from the Blood Pressure Association. To order your copy, call 020 8772 4994 or visit our website www.bpassoc.org.uk





Volunteers with high blood pressure are needed to take part in a major research study to find new ways of diagnosing, preventing and treating the condition.

Help research into high blood pressure

There is now a wide range of medicines available to lower high blood pressure and reduce risk of strokes, heart attacks and kidney disease, but for some people, these treatments are not always entirely effective.

The PATHWAY project (Prevention And Treatment of resistant Hypertension With Algorithm based therapy) aims to improve existing treatments for patients whose blood pressure remains uncontrolled despite receiving the most vigorous treatment currently available.

Previous research has shown that the initial treatment of high blood pressure can be greatly improved by estimating the contribution of salt to a person's blood pressure levels. The PATHWAY project, conducted by the British Hypertension Society (BHS) and funded by the British Heart Foundation, will take these findings a step further.

Firstly, each volunteer will have a quick and simple blood test of the kidney hormone renin, to identify people with high blood pressure who have too much salt in their body.

The second step of the trials will test new combinations of drugs, which are more effective and can eliminate salt without increasing blood glucose and causing diabetes.

And thirdly, the PATHWAY project aims to overturn the current practice of starting treatment with just one drug, with further drugs added one by one a few months later. The researchers expect to find that the prescription of a combination of drugs from the start of treatment prevents the body from trying to oppose what each drug is doing to lower blood pressure.

Morris Brown, Professor of Clinical Pharmacology at the University of Cambridge, who is leading the study said: "Some months ago I found I had high blood pressure myself. Within a few weeks of starting treatment on the PATHWAY combination of drugs my blood pressure fell by 45 points, compared to the usual average of 15 points when starting or adding single drugs.

"We believe, and need now to prove,

that this new strategy ultimately achieves better blood pressure on fewer drugs. This would be a major step in eliminating the phenomenon of treatment-resistant high blood pressure."

Mike Knapton, Associate Medical Director at the BHF, said: "High blood pressure is a global epidemic which can result in premature death from stroke, kidney and heart diseases. This research which is taking place at seven centres across the UK will unearth new treatments for patients and enhance the treatment of high blood pressure for patients in the future."

Members of the British Hypertension Society will lead the studies at centres in the following areas:

- ♥ Cambridge
- ♥ Leicester
- ♥ London
- ♥ Manchester
- ♥ Dundee
- ♥ Edinburgh
- ♥ Glasgow.

If you would like to find out more about volunteering to take part in the research, **contact: Jackie Howarth, British Hypertension Society Administrative Officer on 07717 467973 or email: bhs@le.ac.uk**



Cholesterol -

Striking the right balance

Did you know that cholesterol is good for you? You may be surprised to know that without a small amount of cholesterol, you wouldn't be able to live. Your brain, skin, digestive system and nerves can't work properly without it.

But you can have too much of a good thing. Having high cholesterol levels – which affects almost two in three adults in the UK – can really damage your health.

What is cholesterol?

Cholesterol is made by our livers and then carried through the blood to where it is needed in tiny little balls of cholesterol and protein (known as lipoproteins).

If we eat too much saturated fat, our livers produce extra cholesterol that needs to be stored in tissues around the body. This excess cholesterol is transported in additional lipoprotein balls, which can deposit the fat onto the insides of our blood vessels. Over time these fatty areas build up to form narrowed areas in our blood vessels

called plaques. If a plaque becomes big enough, it can reduce the flow of blood. This stops nearby muscles getting all the oxygen they need and if this happens near your heart you will feel this as a chest pain (known as angina).

Eventually, the plaque may rupture and a blood clot will form on the surface of the plaque. This clot can stop the blood flow entirely and if this happens in a blood vessel leading to the heart or brain, it causes a heart attack or stroke.

Cholesterol – sinner and saint

Not all your cholesterol is bad. Some types of cholesterol-carrying lipoproteins actually pick up deposited cholesterol and take it back to your liver.

There are two main types:

LDL cholesterol – 'bad'. This type carries cholesterol from your liver to your tissues and organs. This is the form that gets stuck to the sides of your blood vessels, so the lower your LDL, the better.

HDL cholesterol – 'good'. This type picks up deposited cholesterol and carries it back to your liver, cleaning up your blood vessels - the higher your HDL, the better.

How to get the right balance

Your lifestyle can really help to create the right balance of HDL and LDL levels. One important change is to try to eat the right kinds of fats and fibre:

1. Avoid saturated fats

Saturated fats let your liver make

Cholesterol-lowering medications

Statins
 These are the main group of cholesterol-lowering medicines and can reduce LDL levels by 30-40 per cent. They slow the production of cholesterol by the liver. If you are taking these medications, you will have a blood test every 6-12 months to make sure they are working well.

Side-effects include: headaches, stomach upsets, skin rashes, sleep problems and muscle pains. If you experience any 'flu-like' general muscle aches or pains when taking the medicine, you must tell your doctor or nurse.

The following medicines are available but tend to either have more side-effects or are not as effective as statins:

Fibrates
 These stop enzymes in the liver producing cholesterol and triglycerides and are very useful if both levels are raised.

Cholesterol absorption inhibitors
 These stop the blood absorbing cholesterol from the small intestine.

Bile acid sequestrants
 These stop bile salts (which are made from cholesterol) being reused by the body, so the body has to use up more cholesterol to replace them.

Nicotinic acid
 This stops fat cells in the body releasing fat into blood, lowering LDL and raising HDL levels.

What your cholesterol levels should be	
Total cholesterol	Less than 5 (or less than 4 if you have other health problems)
LDL cholesterol	Less than 3 (or less than 2 if you have other health problems)
HDL cholesterol	More than 1 (particularly if you have problems that affect your heart and blood vessels)
Total cholesterol / HDL ratio	Below 4 is best

cholesterol, increasing your LDL level. Biscuits, pastries, cakes, cheese, red meats, butter, cream, palm oil or ghee are high in saturated fats and should only be eaten sparingly. Lean cuts of meat and chicken have less saturated fat.

2. Choose unsaturated fats

Polyunsaturated and monounsaturated fats boost your HDL level and lower LDL. Try to eat olive oil, rapeseed oil, sunflower oil and oily fish.

3. Fibre

It is thought that eating plenty of fibre helps to lower cholesterol levels. The most helpful kind, known as soluble fibre, is found in fruits and vegetables. Beans and oats also contain soluble fibre.

You can boost the effects of changing your diet by being more active, losing weight if you need to and keeping to recommended alcohol intake limits.

Is it safe to eat eggs?

Some foods, such as eggs, prawns, liver

and kidneys, contain cholesterol, but they don't raise your cholesterol level as much as eating saturated fat and are safe to eat. If you need to cut down on these foods, your doctor or nurse will tell you.

Statins and other medications

If lifestyle changes are not enough to lower your cholesterol to healthy levels,

the good news is that there are a number of medicines available to lower cholesterol (see box right).

Your doctor is likely to prescribe medication if:

- you have heart disease
- you are at high risk of developing heart disease (for example you have high blood pressure, diabetes or a family history of heart disease) and your total cholesterol is more than 5 and your LDL cholesterol is more than 3.

If you have high blood pressure, the key message is 'get your cholesterol checked'. There is much you can do to lower it and you will be dramatically reducing your risk of a stroke or heart attack.

Did you know?

Very little of your cholesterol comes from cholesterol in the foods you eat. Most of your cholesterol is made by your liver from saturated fat. The best way is to reduce your cholesterol level is to eat less saturated fat.



Chris Evans' shock

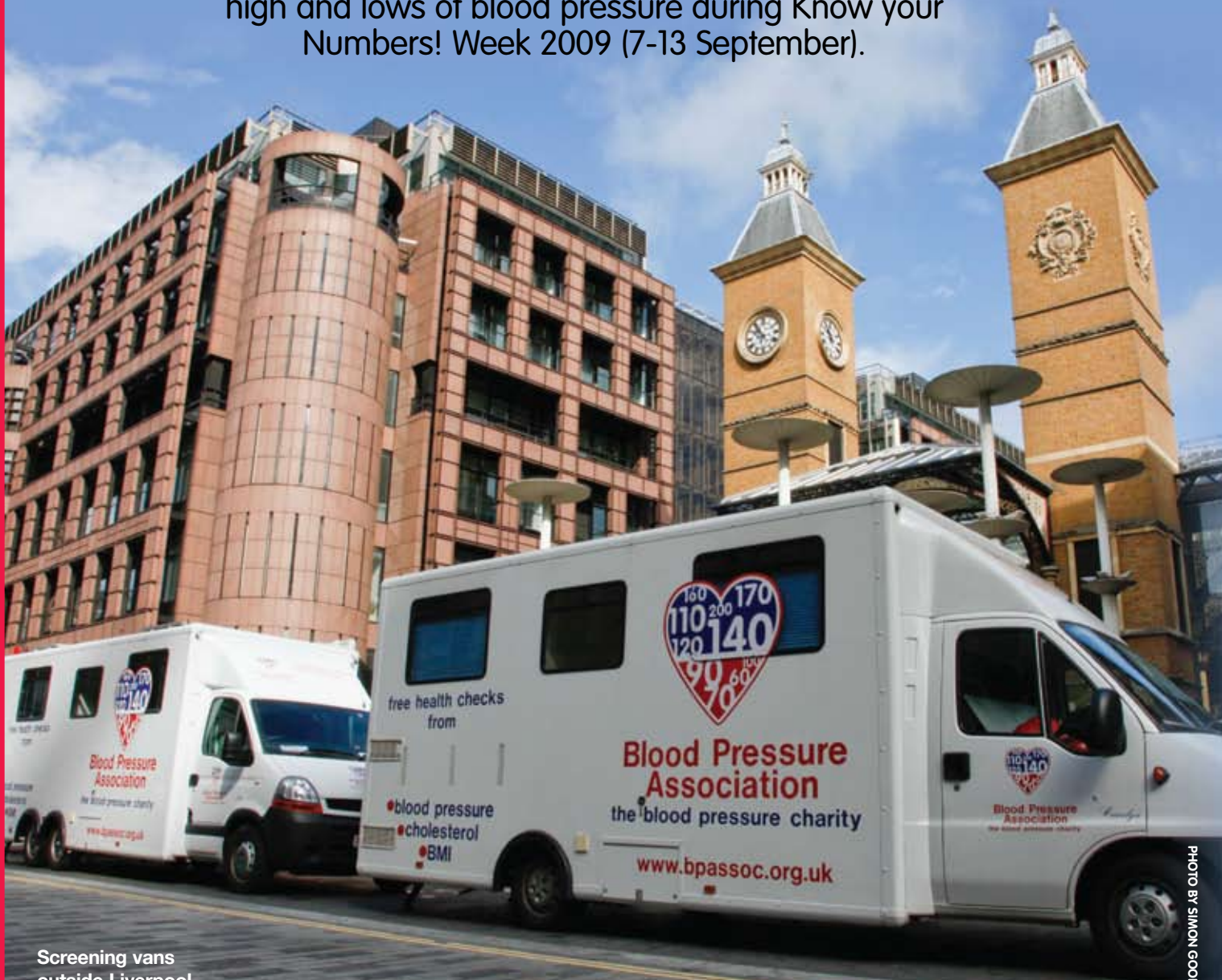
In September the BPA went on BBC Radio 2's Drivetime Show to raise awareness of cholesterol and high blood pressure. Chris Evans and the team had their cholesterol tested by the BPA's Ashley Alcock and medical spokesperson Dr Beccy Suckling - and Chris had quite a shock. Chris is now on a self-appointed health kick and we will be going back to the studio to see how he is getting in over the next couple of months, do listen out.

	Chris Evans	Sally Boazman	Jonny Saunders	Foxy
Total cholesterol	6.48	4.56	4.37	4.48
LDL cholesterol	4.46	2.32	2.63	1.95
HDL cholesterol	1.2	0.78	1.4	1.97

Chris Evans is trying to lower his cholesterol

Know your Numbers! WEEK 2009

From Gatwick Airport to Alton Towers, we ensured there were venues nationwide for everyone to find out about the high and lows of blood pressure during Know your Numbers! Week 2009 (7-13 September).



Screening vans
outside Liverpool
Street Station

Thousands of health professionals at hundreds of organisations once again signed up to take part in our flagship campaign and offer free blood pressure checks in a bid to help people across the nation to know their numbers.

GMTV helped us to kick start the campaign, when film crews broadcast live from our screening vans at Liverpool Street Station in London at the launch of the event.

BPA Executive Director Mike Rich was interviewed while a City banker had his blood pressure checked by Ashley Alcock, the charity's health screener. Hundreds of people dropped by through the course of the day to have their blood pressure checked at our vans and the publicity also encouraged viewers to visit our website to find their nearest Pressure Station.

Creating a buzz

Our screening vans created a buzz when they arrived in Brixton's Electric Avenue to provide free checks to mid-week shoppers at Brixton Market, while customers at Asda in Clapham Junction were also given the opportunity to bag a blood pressure check alongside their bargains when our vans visited at the end of the week. Our teams also tested hundreds of people at the Treaty Centre in Hounslow and Wimbledon Stadium's car boot sale.

Commuters were encouraged to get their blood pressure on the right track as part of a national rail advertising campaign.

Hundreds of our charity's posters asking 'Could you be the one in three?' appeared at national train stations, and selected tram and underground stations across the country to raise awareness.

Teamwork

Our partners across the UK also offered blood pressure checks at a wide range of community venues to ensure no-one missed out on their free check. Bookworms could get a free blood



Alton Towers staff were given free checks

PHOTO BY ASHLEY IMAINE

Know your Numbers! Week



Ashley Alcock and team offered checks to Brixton Market's traders



PHOTO BY JAMES McMENAMIN

Testing at Colliers Wood Sava Centre

pressure check as well as borrow a book when NHS Blackpool brought set up a Pressure Station at Blackpool's Central Library.

In a move to encourage citizens to get regular blood pressure checks, NHS Sheffield asked people to speak to their GP or pharmacist for information, as well as running a poster campaign on the city's trams and in local pharmacies. A number of Sheffield based companies pledged their support for the campaign, including Stagecoach Supertram, which promoted the campaign to commuters. Staff at Alton Towers were given the opportunity to find out if their roller coaster environment had the same effect on their blood pressure, while staff at Gatwick, Luton and Heathrow airports also had the opportunity to see if their readings were sky high.

A health bus in Hartlepool also drove home the awareness message as NHS Hartlepool and Hartlepool Families First teamed up to offer free checks at various supermarkets, community and sports centres throughout the area.



Ashley with Clapham Junction's ASDA store manager

KNOW YOUR NUMBERS! 2009



Driving home the message

Black cab driver Neville Chapman got to know his numbers

Drivers of black cabs may have 'The Knowledge' but we discovered that 75 per cent of them do not know their most vital statistics – their blood pressure numbers.

Our 'Know your Numbers!' Survey, carried out in conjunction with Scottish charity the High Blood Pressure Foundation, found that only a quarter of black cab taxi drivers know their blood pressure numbers, yet 61 per cent of those tested were found to have high blood pressure readings (at or above 140/90mmHg).

These findings, launched at the start of Know your Numbers! Week, also revealed an England/Scotland divide when it comes to blood pressure health among cab drivers, with Scotland faring worst. The research showed that:

- 70 per cent of cabbies in Scotland had high blood pressure readings compared with 52 per cent of their counterparts in England.

- Twice as many cabbies in Scotland (56 per cent) than in England (27 per cent) said they ate convenience foods like pasties, crisps or chocolate bars either every day or several times a week
- Half of cabbies in Scotland (51 per cent) admitted to 'never' thinking about the salt they add to food or checking food labels for salt content, compared with a fifth (19 per cent) of their counterparts in England.

Mike Rich, the BPA's Executive Director, said: "Black cab drivers have The Knowledge when it comes to a city's streets, but our research has shown that this unfortunately doesn't translate into knowing their most vital health statistics – their blood pressure numbers.

"There does appear to be a blood pressure divide between the cabbies we tested in England and Scotland, and this may be down to their respective diets and lifestyles. Although Scotland fared worse, the fact that around half of the London cabbies had high readings is still cause for concern."

Susan Inch, Director of the High Blood Pressure Foundation, said: "It's worrying that nearly three quarters of the cabbies we tested here in Scotland had high blood pressure readings. It's not surprising given that 50 per cent of them admitted to not watching their salt intake – too much salt is known to raise blood pressure – and regularly eating high fat convenience foods. The good news is that they now know their blood pressure numbers and how to lower them."



Gregory Barker MP
has his blood
pressure taken

Major pharmacy chains which took part in Know your Numbers! to offer free blood pressure checks included:

- ♥ ASDA Pharmacy
- ♥ Day Lewis Pharmacy
- ♥ Manor Pharmacy
- ♥ Medipharmacy
- ♥ MediCare Pharmacy
- ♥ Midcounties Co-op
- ♥ Paydens Group
- ♥ PCT Healthcare
- ♥ Rowlands
- ♥ Superdrug

Thank you

These are just some of the events and activities that took place during Know your Numbers! Week 2009.

We are still calculating how many hundreds of thousands of blood pressure readings were taken during the event, and will update you in the next issue. But we would like to thank the health professionals, numerous organisations and all of our loyal supporters who helped to make the event such a success.

MPs visited a range of Pressure Stations in their constituencies to create local publicity. Thank you to all readers who sent on our template letter to encourage your local MP to visit a Pressure Station in their constituency. We received cross party support as follows:

David Tredinnick,
MP for Bosworth
Theresa May,
MP for Maidenhead
Ann Keen,
MP for Brentford
& Isleworth

Susan Kramer,
MP for Richmond
Park and North
Kingston
Keith Hill,
MP for Streatham
Paul Holmes,
MP for Chesterfield

Hugh Bayley,
MP for City of York
David Burrowes,
MP for Enfield
Southgate
Gregory Barker,
MP for Bexhill and
Battle

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What's your number?

According to the Blood Pressure Association a third of all adults suffer with high blood pressure; and nearly a third of those with high blood pressure are not being treated. Many of us live busy and stressful lives and this is often cited as the reason for the rising prevalence of hypertension (high blood pressure) in the UK.

High blood pressure is often referred to as the 'Silent Killer' as there are usually no symptoms. Therefore it often goes unnoticed until it causes a complication such as a heart attack or stroke.

Synexus is looking for both male and female adults (between 18 and 75 years of age) with high blood pressure, either treated or untreated, to participate in a clinical study which will compare the effectiveness of existing treatment combinations.

If you would like to find out more, please call us on the number below,
email patientoutreach@synexus.com
or visit www.improvinghealth.com for more information.

Call 0808 192 1000

Midlands, Merseyside and Thames Valley Clinical Research Centres
Synexus is a commercial company operating with doctors and nurses outside of the NHS.

 **SYNEXUS**



BPA's Veena Joseph-McBride with the Mayor of Wakefield, Kath Howitt and the Consort Peter Davis

Fun in Wakefield

This year's Wakefield Healthy Heart Run was once again a fantastic success with a fabulous time had by all. The event, now in its third year, is organised by valued supporter Kath Howitt.

Supported by staff and pupils from the Queen Elizabeth Grammar School, this year's event gave runners the chance to run one, three or four miles and in fancy dress. And for those feeling less lively, there was a delicious barbecue, tombola, and raffle as well as face painting and hoopla games for the children.

Staff from Fitness First in Wakefield were on hand to offer free blood pressure checks and mini medicals and also put runners through their paces with a pre-run warm-up. Local companies offered their support by donating prizes for the raffle, and there was a real community spirit to the day.

The Mayor of Wakefield, the Rt Hon Heather Hudson, started this year's race, and Daddy Cool, the cool cat mascot of the Wakefield Trinity Wildcats rugby club helped to cheer on the runners.

Geoff and Judith Tingle, both teachers at the school (pictured with their children Ellie and Robert), kept it in the family as Geoff ran five miles and Judith and children walked a mile.

Veena McBride, the BPA's Fundraising Manager, said: "We

would like to thank Kath Howitt and everyone who helped to make this year's event such a wonderful success. The Wakefield Healthy Heart Run looks set to raise £1,000 for our charity.

"Kath has been inspirational in raising awareness of the risks of high blood pressure on our behalf."

Kath started the run in 2007 in honour of her late husband Glen who died suddenly of hypertensive heart disease. Like so many people Glen and Kath were unaware of how serious high blood pressure can be.



The Tingle family



Festive fundraising

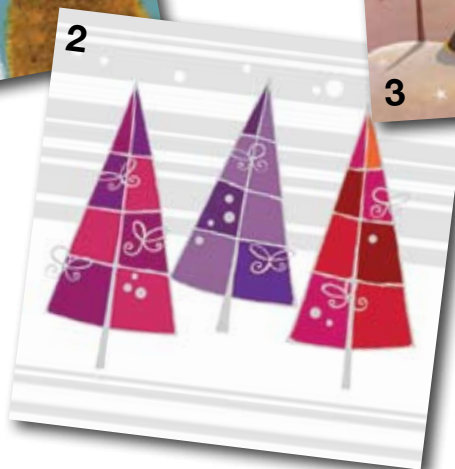
If you've ever wanted to get involved in a 5K run, here's your chance. We still have a few places available for the 5K London Santa Run on Sunday 6 December at Greenwich Park. Over 1,000 Santas are expected to take part. No previous experience is necessary – you can run, jog or walk and with a bit of training the 5K distance will be within your capabilities. To take part on the behalf of the Blood Pressure Association, all you have to do is register and raise £100 in sponsorship. Santa suits will be provided by the organisers.

For more details, please call us on 020 8772 4985 or email fundraising@bpassoc.org.uk

Superstar runner

We would like to extend a special thanks to Jeremy Sandford (pictured here) who raised almost £400 for our charity when he ran the British London 10K Run earlier this summer. This is the second time that Jeremy has raced the 10K for the BPA, and he's informed us he's already in training for next year's run. Jeremy said: "I'm delighted to have run the London 10K again. Firstly to raise much-needed funds and secondly because I really appreciate the advice and information that the charity has provided to me personally. I'd recommend running the 10K to anyone – it's not too hard to train and run and you're also benefiting your blood pressure!"





Perfect presents for Christmas!

With the festive season just around the corner we have some great cards and gift ideas that may help to improve the health of someone you love and support the work of the Blood Pressure Association.

Christmas cards £3.99

Choose from four festive designs 'Three Kings', 'Snowman', 'Christmas Trees' or 'Penguin, Snowman & Reindeer', with 100 per cent of profits going to the Blood Pressure Association. 10 cards in each pack.

with a three-year guarantee and is included in the British Hypertension Society's list of clinically validated monitors for home use. It's easy to use, with a simple one-touch operation. £5 donation to the BPA for every monitor sold. Includes free BPA home monitoring guide. Other monitors are also now available (see p8)

- An opportunity to access our staff to get your questions answered
- A chance to take part in our research and help develop future resources.



Understanding High Blood Pressure DVD £5

Experts use state-of-the-art graphics and personal stories to show you how blood pressure works, the best treatments available and what you can do to lower it.

Annual gift membership £20 (reductions for income support/pensions/full-time education)

- Treat a friend or relative to membership of the Blood Pressure Association:
- Quarterly magazine Positive Pressure
 - E-mail updates about our activities and news about high blood pressure
 - Special offers with our partner organisations
 - Access to the latest information before non-members

High blood pressure recipe book £10

Chicken with lemon and butternut squash, leek and tomato risotto, and apple and walnut strudel cake are among 50 recipes to help you eat your way to lower blood pressure. The book, from Hamlyn in conjunction with the Blood Pressure Association, also includes dietary advice and information on high blood pressure.



Home blood pressure monitors from £34.25

The BPA/Microlife BP-3AG1 comes



Christmas order form

Delivery address:

Name

Address

Postcode

Tel No.

Ways to buy:

Telephone: call 020 8772 4994 and pay by debit or credit card

Post (excludes membership): complete this order form and send with a cheque or postal order, made payable to "Blood Pressure Association" to: Blood Pressure Association, 60 Cranmer Terrace, London, SW17 0QS

Online:
www.bpassoc.org.uk

Christmas Cards	Qty in pack	Card size	Pack price	No of packs	Total price
1 Penguin, Snowman & Reindeer	10	116x160mm	£3.99		£
2 Christmas Trees	10	140x140mm	£3.99		£
3 Three Kings	10	140x140mm	£3.99		£
4 Snowman	10	116x160mm	£3.99		£
Cost of cards					£
P&P					£1.00
Total cards cost					£

Home blood pressure monitor	Price	No of monitors	Total monitors cost
Clinically validated BP-3AG1 monitor	£34.25		£
Please tick the cuff size you need <input type="checkbox"/> M - Upper arm, 22-23cm <input type="checkbox"/> L - Upper arm, 32-42cm			
High blood pressure recipe book	Price	No of books	Total books cost
Food, facts and recipes	£10.00		£
DVD guide	Price	No of DVDs	Total DVDs cost
Understanding high blood pressure	£5.00		£

Donation to the Blood Pressure Association's work	
My donation	£
Gift Aid Declaration: <input type="checkbox"/> Yes I am a UK taxpayer and I would like all donations I have made in the last six years, and all donations I make from the date of this declaration until I notify you otherwise to be treated as Gift Aid donations. (You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that we will claim in that year.)	
Signature:	

TOTAL AMOUNT TO PAY	
	£

Please send to: Blood Pressure Association, 60 Cranmer Terrace, London SW17 0QS
Cheques and postal orders should be made payable to "Blood Pressure Association"

My story



Tony Dure, a civil servant from South West London, discovered he had high blood pressure after a visit to a local pharmacy 'Pressure Station' during the BPA's Know your Numbers! Week in 2008. Here he recounts the shock of his diagnosis but how grateful he is that our campaign helped him to uncover his high blood pressure.

The 'silent assassin'

It was just a normal day at the office when one of the security guards came in and said that the pharmacy over the road was offering free blood pressure checks. He'd had his blood pressure taken, and the pharmacist had told him it was a high reading. Now he was going to make an appointment to talk it through with the doctor. Of course this got everyone else thinking and a group of five of us decided we might as well go over too.

I've always looked after my health – I spent 10 years as a professional arm wrestler, competing all over the world, so I've always exercised regularly and eaten healthily. I knew about the dangers of high blood pressure, but I always thought there would be symptoms like headaches or nosebleeds. But I didn't have these – that's why I now call it the 'silent assassin'.

Disbelief

When the pharmacist took my blood pressure, my reading came out as 185 over 124. To say this was a shock to me is more than an understatement – I was in disbelief. And I wasn't the only one – three of my other workmates also had high readings, and one of them was a very slim female colleague, so for her this was particularly unexpected. I went back to the office and told my manager to let everyone know about the Know your Numbers! testing and I made myself a doctor's appointment for later that very week.

Taking control

The doctor diagnosed high blood pressure, decided to put me on 5mg of Ramipril, and asked me to come back in a week's time. At the second appointment he upped my dosage, and then after a few more appointments monitoring me, he put me on Amlodipine too. I'm happy to say this combination seems to have done the trick. Nobody likes taking medicines, but I know it's very important and I take mine at breakfast – the routine helps me to remember, and I'd recommend this method to other people on medication.

I've always been careful with my diet because of my athletic training – I make sure I eat lots of fruit and veg, I grill meat instead of frying it, drink skimmed milk, and only eat chocolate as an occasional treat. However, one big change has been my conversion to Lo-Salt. This has really made a difference, and I've even got family and friends using it too. I still don't know why I've got high blood pressure as my lifestyle hasn't ever been unhealthy. The doctor thinks maybe there was a family history that I wasn't aware of, but I'm not sure I will ever know for sure.

The right numbers

When I had that first high reading of course I was concerned, but I'm so grateful that Know your Numbers! was taking place just over the road from me. I really think if it hadn't been for Know your Numbers! then my high blood pressure could have been the

end of me. After all high blood pressure can damage lives so quickly, and all it takes is just a couple of minutes to have a check to find out if you're at risk.

The pharmacist gave me a Know your Numbers! information leaflet and that's how I found out about the Blood Pressure Association. I'm very pleased to be able to support the charity and offer something back – after all, if it hadn't been for them I might not have found out about my high blood pressure until it was too late. I signed up for the e-newsletter, and I'm a regular visitor to the website forum.

I'm now happy to say that my last blood pressure reading was 120 over 70, so well within the optimal range. All it took was that simple first test to get me on the road to good blood pressure health.

Share your experience of high blood pressure

Do you have a story that you would like to share with Positive Pressure readers? If you do, please write to:

Personal Story
Blood Pressure Association
60 Cranmer Terrace,
London, SW17 0QS
info@bpassoc.org.uk



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guarantee**

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Help the work of the BPA

The BPA will receive a donation for every monitor sold to let us help even more people.

Order your BPA/Microlife home monitor today!

Buy the BP-3AG1 for **just £34.25** and **£5.00 will be donated** to the work of the Blood Pressure Association.

pressure monitor



**Blood Pressure
Association**
the blood pressure charity
Charity Number: 1058944



microlife

Ways to buy:

Telephone: call 020 8772 4994 and pay by debit or credit card

Post: send a cheque, made payable to "Blood Pressure Association" for £34.25, to The Blood Pressure Association, 60 Cranmer Terrace, London SW17 0QS

Online: visit our website: www.bpassoc.org.uk