

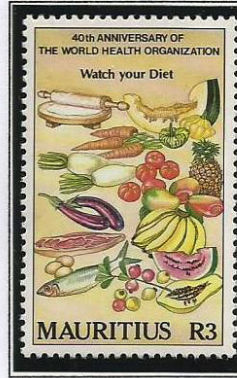
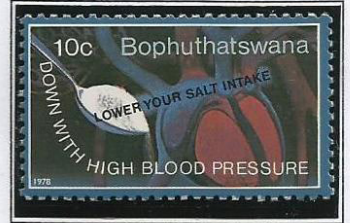
Hypertension

In the UK a normal blood pressure is considered to be between 90/60-120/80 mmHg, while hypertension, high blood pressure, is considered to be 140/90 mmHg or higher, for most individuals.

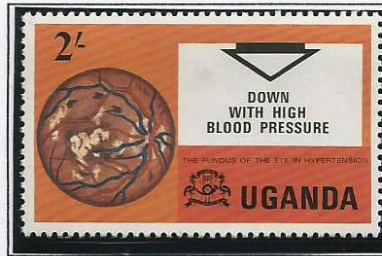
Hypertension is often related to unhealthy lifestyle habits such as **smoking**, **drinking too much alcohol**, **being overweight**, **consuming high levels of salt** and **not exercising enough**, therefore reducing blood pressure involves following healthy lifestyle habits.



High blood pressure of 200/105 mmHg



Hypertension puts extra strain on **blood vessels**, the **heart**, **brain**, **kidneys** and **eyes**.



Left untreated, hypertension can increase the risk of developing coronary heart disease and kidney disease, as well as having a **heart attack** or **stroke**.



Medical professionals have an important role in promoting healthy lifestyles, and prescribing medication, such as **beta blockers**, if necessary, alongside **measuring and monitoring blood pressure**.

