



Did you know
6.5 million people in the
UK don't know that they
have high blood
pressure?

Most people with high blood pressure do not experience any symptoms.

High blood pressure symptoms can include:

- Blurred vision,
- Nosebleeds,
- Shortness of breath,
- Persistent headaches

Risk factors include:

- Smoking
- Being overweight
- High salt diet
- Drinking too much
- Being physically inactive

Did you know?

**You can get your
blood pressure
checked at
Leeds Citizens
Advice & Law Centre**

High blood pressure can be reduced by making simple lifestyle changes as well as by taking medication.

Do you know your numbers?

Find out more at:

Leeds Citizens Advice & Law Centre
Oxford Row, Leeds, LS1 3BE

Monday - Friday
9am - 1pm

