



Hypertension in the UK

Understanding High Blood Pressure

Precious Asemota - Trent Vale Medical Practice

What is Hypertension?



Blood pressure is the force of blood pushing against artery walls.

Hypertension occurs when this pressure is consistently too high ($\geq 140/90$ mmHg).

Blood Pressure Readings

✓ **Normal: Below 120/80**

⚠ **Elevated: 120-139/80-89**

⚠ **High: $\geq 140/90$**

Hypertension in the UK



Key Statistics

14M+

adults affected

1 in 4

adults have it

30%

undiagnosed

Source: Blood Pressure UK, NHS England 2024

Who is at Risk?



Age & Family

Risk increases with age and family history



Diet

High salt, processed foods, low fruit/veg



Inactivity

Sedentary lifestyle increases risk



Excess Weight

Obesity significantly raises BP



Alcohol & Smoking

Both damage blood vessels



Other Conditions

Diabetes, kidney disease, sleep apnea

Why Does It Matter?

Untreated hypertension damages blood vessels and organs over time



Stroke

Leading cause of preventable strokes



Heart Disease

Heart attacks, heart failure



Kidney Damage

Can lead to kidney failure



Vision Loss

Damages blood vessels in eyes

Good news: Controlling BP significantly reduces these risks!

Managing Hypertension

Lifestyle Changes That Work



Reduce Salt to < 6g/day

Can lower BP by 5-6 mmHg



Limit Alcohol to 14 units/week

Spread over 3+ days



Exercise Regularly 150
min/week

Walking, cycling, swimming all help



Stop Smoking

Immediately reduces cardiovascular
risk



Lose Weight if overweight

Even 5kg can make a difference



Manage Stress

Meditation, yoga, adequate sleep

When Medication is Needed



Many people need medication alongside lifestyle changes to reach target blood pressure

Common Types:

- ACE inhibitors (e.g., ramipril)
- Calcium channel blockers (e.g., amlodipine)
- Diuretics (water tablets)
- ARBs (angiotensin receptor blockers)
- Beta-blockers

✓ Most people tolerate medications well with few side effects

Take Action Today



Get Tested

Free BP checks at your
GP or pharmacy



Monitor at Home

Home monitoring helps
track progress



See Your GP

If readings are high or you
have concerns

Resources: www.bloodpressureuk.org | NHS.uk/blood-pressure