

The facts!

Aboriginal people are known to have high blood pressure.

Get your blood pressure checked today.

Visit your health worker AMS or doctor.

Remember to take your blood pressure tablets everyday.



Blood pressure Keepin' it under control

NSW Chronic Care for Aboriginal People Program

For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

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www.ahmrc.org.au

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*Chronic Care
for Aboriginal People*





What is blood pressure?

Blood is carried around the body in tubes called blood vessels.

The pumping of the heart is what keeps the blood moving.

Blood pressure (BP) is the measurement of the pressure of the blood against the walls of the bigger blood vessels called the arteries.

High blood pressure is known as hypertension. It can be very dangerous if left untreated.

What is normal blood pressure?

- There is no ideal blood pressure, it changes when you are asleep or when you exercise
- Normal blood pressure is less than 120/80
- You need more than one high reading to be sure you have high blood pressure.

What are the risks of high blood pressure?

- Strokes
- Heart disease
- Kidney disease/kidney failure
- Eye problems.



What causes high blood pressure?

- Family history
- Being overweight
- Eating too much fat or salt in your food
- Drinking too much grog
- Getting no exercise
- Kidney problems
- Cigarette smoking.

What can be done to help prevent or manage high BP?

- Have your blood pressure checked regularly
- Keep a healthy weight
- Exercise everyday
- Drink less grog
- Do not smoke
- Take your medications properly.

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