



High Blood Pressure

Language: _____

Translator's name: _____ +

Translator's email/phone number: _____ +

**Thare Machi Education,
PO Box 4040,
Leamington Spa,
CV32 5YJ,
UK.**

mail@tme.org.uk,
+441926 422711
www.tme.org.uk.

Reg Company No 3921677, Charity No 1080131

High Blood Pressure

1. If you have high blood pressure it means that the pressure of the blood in your body is too high.
2. Blood pressure is recorded as two numbers.
3. The first number measures pressure during contraction of your heart and the second number measures pressure during relaxation of your heart when it is re filling. Both numbers are important.
4. Now here are some questions for you:
5. If you have high blood pressure what does this mean?
6. That you are overweight,
7. Or that the pressure of the blood in your body is too high?
8. Press a button now.

High Blood Pressure

9. That's right. If you have high blood pressure it means the pressure of the blood in your body is too high.

10. How is blood pressure recorded?

11. As one number,

12. Or as two numbers?

13. Press a button now.

14. Well done. Blood pressure is recorded using two numbers. Both numbers are important.

15. Normal blood pressure is around 120/80. If your blood pressure is higher than this you should try to lower it by exercising and eating the right kinds of food. We will talk more about this later.

16. If the first number is higher than 140 or the second number is higher than 90 then your blood pressure is too high.

17. A health worker will be able to measure your blood pressure.

High Blood Pressure

18. When your blood pressure is more than 140/90 it is too high and you have high blood pressure.

19. Which of these blood pressures is too high?

20. 120/70

21. Or 150/70?

22. Yes. A blood pressure of 150/70 means your blood pressure is too high.

23. Which of these blood pressures is too high?

24. 110/80

25. Or 130/95?

26. Yes. A blood pressure of 130/95 means your blood pressure is too high.

High Blood Pressure

27. How can you find out if you have high blood pressure?
28. You can get it measured by a health worker,
29. Or you will know because you feel unwell?
30. That's right. Your blood pressure can be measured by a health worker.
31. Your blood pressure can be high for a short time if you are anxious or have been running fast but this is not dangerous.
32. Your blood pressure should be measured when you are relaxed.
33. One blood pressure reading that is high does not mean you have high blood pressure.
34. You have high blood pressure if your blood pressure reading has been high several times.
35. When do you know that you have high blood pressure?

High Blood Pressure

36. If the clinic tells you your blood pressure is too high on one occasion,
37. Or if the clinic tells you your blood pressure is too high on several occasions?
38. Yes. You have high blood pressure if your blood pressure readings have been high on several occasions. Your blood pressure should be measured when you are relaxed.
39. High blood pressure can damage your body in many ways.
40. It is bad for your body to have high blood pressure and it can shorten your life.
41. Is high blood pressure.....?
42. Good, as it means your blood moves faster around your body,
43. Or dangerous for your body?
44. That's right. High blood pressure is not good for you. High blood pressure is dangerous for your body.

High Blood Pressure

45. High blood pressure can cause you to have a stroke, which will damage your brain.

46. High blood pressure can also cause your heart to stop working normally and may cause you to have a heart attack.

47. If you have high blood pressure for a long time without treatment, you can also damage your kidneys and eyesight.

48. Which of these is true?

49. High blood pressure damage your heart and brain,

50. Or high blood pressure can make your hair fall out?

51. Yes! High blood pressure can damage your heart and brain.

52. Is high blood pressure good for your eyesight?

53. Yes,

High Blood Pressure

54. Or no?
55. That's right. High blood pressure can damage your eyesight.
56. High blood pressure makes your heart work harder and so the heart has to grow larger than normal.
57. This makes the heart less effective and can lead to heart failure and heart attacks.
58. If you lower your blood pressure, you can reduce your risk of having a heart attack.
59. What happens to your heart when your blood pressure is high?
60. It will get smaller,
61. Or it will grow larger and have to work harder?
62. That's right. Your heart has to work harder when your blood pressure is high so it grows larger. This can lead to heart failure and heart attacks.

High Blood Pressure

63. If your blood pressure is too high you should not ignore it.
64. There are things you can do to lower high blood pressure.
65. Lowering your blood pressure will help you avoid many health problems.
66. If your blood pressure is too high should you:...
67. Try to lower it,
68. Or ignore it?
69. Well done! If you lower your blood pressure, you can reduce the risk of damage to your body.
70. You can lower your blood pressure by changing the food you eat.
71. You should try to avoid foods with lots of fat and should try to eat more fruit and vegetables and your staple food.

High Blood Pressure

72. Which foods are bad for people with high blood pressure?
73. Foods containing lots of fat,
74. or fruit and vegetables?
75. That's right, if your blood pressure is high you should eat your staple food and lots of fruit and vegetables. You should try to avoid foods with lots of fat.
76. You should also try to eat less salt. Salt will raise your blood pressure.
77. Try to eat fresh foods, which do not have lots of salt in them.
78. Tinned and packaged foods often contain a lot of salt.
79. Do not add salt to your food when cooking. Although it might taste nice, salt can make you ill.
80. Is it good to eat a lot of salt?

High Blood Pressure

81. Yes,
82. Or no?
83. Correct! Eating too much salt will raise your blood pressure. If you have high blood pressure you should try to eat less salt.
84. Which foods should you eat if you have high blood pressure?
85. Foods from tins and packets,
86. or fresh foods?
87. That's right! Fresh foods, such as fruit and vegetables, do not have lots of salt in them.
88. You can also lower your blood pressure by exercising.
89. Taking regular exercise will lower your blood pressure. This can be done easily by walking more.

High Blood Pressure

90. If you do not exercise at the moment you should do a little at first and gradually do more.
91. You should do enough exercise every day so that you can feel your heart beating a bit faster than usual.
92. If you have high blood pressure will rest help to improve your condition?
93. Yes,
94. Or no?
95. That's right; Exercise, rather than rest, will help to lower your blood pressure. You should try to take more exercise.
96. If you change the food you eat and do some exercise you may lose some weight.
97. If you are overweight, losing weight will help to lower your blood pressure.
98. You should not be worried if you lose weight when you eat different foods and are more active.

High Blood Pressure

99. Will losing weight help to lower your blood pressure?
100. Yes,
101. Or no?
102. Correct! If you are overweight, losing weight by changing the food you eat and exercising more will help lower your blood pressure.
103. If your blood pressure is high there are medicines that can lower it.
104. These medicines help to avoid the long-term problems caused by high blood pressure.
105. You should ask at your local health centre to find out which medicines are available.
106. But remember: Changing what you eat and exercising more are the best ways to lower your blood pressure!
107. Should you get advice about medicines if you have high blood pressure?

High Blood Pressure

108. Yes,
109. Or no?
110. That's right; Your local health centre should be able to tell you which medicines can to help lower your blood pressure.
111. You have learnt that high blood pressure can be dangerous.
112. You can lower your blood pressure by changing what you eat, exercising more and asking about medicines at your local health centre.
113. High blood pressure kills many people each year, so have your blood pressure checked regularly.
114. That was the wrong answer. Let's go back and listen again.
115. Sorry! Wrong answer.

