

My Blood Pressure Medicine

My name is

My blood pressure medicine is called

Active ingredient

I need to take tablets in the morning



tablets at midday



tablets at sunset (dinner)



tablets at night (bedtime)



Your clinic:

Medicines and treatment

What do I need to ask my Aboriginal Health Worker, nurse, doctor or pharmacist?

- What is my medicine for?
- How will I feel?
- What check-ups do I need?
- How many tablets do I need to take?
- How many times a day do I need to take my medicine?
- How long do I need to take my medicine for?
- What do I do if I miss a dose?
- What do I do if I feel unwell or dizzy?

Remember

- It is important not to share your medicines.
- Take old medicines back to the clinic.
- Keep medicines away from children.
- Not all medicines are safe to take while you are pregnant or breastfeeding.
- Not all medicines can be taken together.
- Refill your prescription before you run out.

The good news story

Your doctor or Aboriginal Health Worker can help you manage high blood pressure.

The earlier high blood pressure is detected and treated, the less damage there will be to the heart, brain, kidneys and eyes.

You may not be aware that your blood pressure is high. Even young people can suffer from high blood pressure.

It is good to have your blood pressure checked regularly at your clinic.



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HIGH BLOOD PRESSURE

[hypertension]



WHAT CAN I DO ABOUT IT?

Good Medicines Better Health

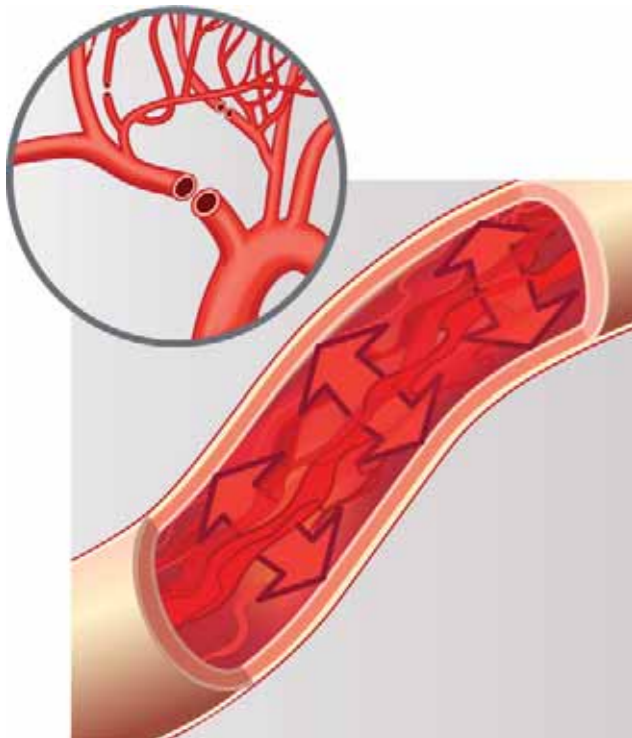
What is high blood pressure?

The heart pumps blood around the body through arteries. Blood pressure is the pressure, or force, of the blood pushing against the walls of the arteries.

We all need blood pressure to push blood around our body.

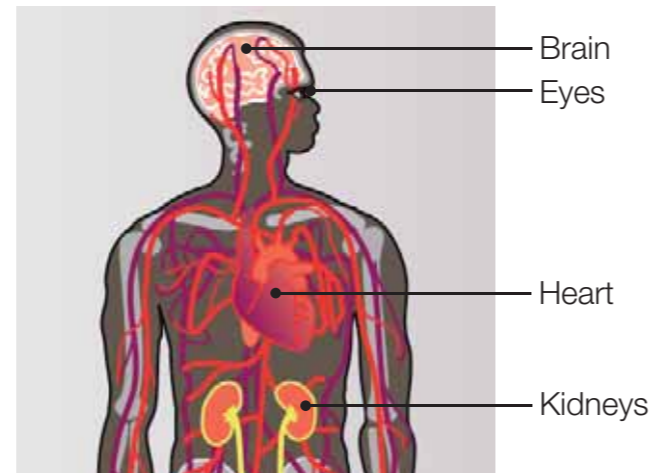
When blood pressure is too high for too long, it can cause some damage to the body.

Doctors and medical people call high blood pressure HYPERTENSION.



About high blood pressure:

- It usually has **no symptoms**.
- It can speed up blocking of the arteries, which can damage the:
 - **Heart** – leading to heart attacks
 - **Brain** – leading to stroke
 - **Kidneys** – leading to kidney trouble and dialysis
 - **Eyes** – leading to eye trouble and blindness



People with a family history of high blood pressure are at increased risk.

Who is likely to get high blood pressure?

Men and women who:

- Smoke
- Don't get enough physical activity
- Eat too much fat and salt
- Drink too much alcohol
- Are overweight



Things I can do about high blood pressure

1. **Have regular check ups**
2. **Change daily lifestyle**

If you **smoke**:

- Smoke less – **aim to QUIT**

Physical activity

- Aim to walk around for at least 30 minutes each day

If you drink **alcohol**:

- Drink less alcohol
- Drink water in between alcoholic drinks
- Have a break from alcohol for 1-2 days each week

Food

- Eat more fruit, vegetables, fish and lean meat
- Eat less fat
- Eat less salt in and on food

3. Know how to manage your medicine

- Take your medicines every day

