

Roughly 1 million people in Denmark have high blood pressure – are you one of them?

Take good care of yourself

A normal healthy lifestyle is an effective way to reduce the risk of coronary thrombosis and a cerebral haemorrhage. And it is also healthy for the entire body.

It is recommended that you:

- Eat healthily – meaning plenty of fruits and vegetables
- Avoid too much salt and fat
- Do not smoke
- Drink alcohol in moderation – for men a maximum of 14 units per week and for women a maximum of 7 units per week
- Exercise regularly – at least 30 minutes per day
- Measure your blood pressure regularly and get treatment if it's too high
- Measure your cholesterol level in the blood.

Support Hjernesagen's work

HjerneSagen is a national association for people affected by coronary thrombosis or a cerebral haemorrhage, other people with brain damage, their relatives and other persons interested.

We work to:

- Prevent cerebral haemorrhaging and blood clots in the brain
- Ensure the best possible treatment and rehabilitation of those, who are affected
- Ensure the best possible support to affected persons and their families.

We offer four kinds of membership:

An individual membership, a household membership, a support membership and a company/institution membership.

As a member you receive:

- The member's magazine Hjernesagen
- Course and holiday offers
- Telephone helpline by a neuropsychologist
- Access to books, reports and pamphlets
- Access to local events and self-help groups
- The opportunity to support a good cause

You can also support our work financially by:

- Making a donation via www.hjernesagen.dk
- Making a donation to giro 157-5171
- Sending an SMS* to 1414 with the text **hjerne100** – you will then contribute with DKK 100.

Thank you in advance for your support.
*Costs normal rate and is offered by

ENGELSK

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Protect your brain- know your blood pressure

Hjernesagen
LIVET MED HJERNESKADE

Blood pressure is significant for your health

It is important that you know your blood pressure, because high blood pressure is the most important risk factor for suffering from blood clots and bleeding in the brain.

Actually, your risk of being affected is four times higher if your blood pressure is too high. High blood pressure can also result in your veins contracting quickly. Atherosclerosis is the main cause of most of the heart and circulatory illnesses – and high blood pressure can also damage the kidneys.

Coronary thrombosis or a cerebral haemorrhage affects every 7th person

Every 7th person is affected at one time in their life by a coronary thrombosis or a cerebral haemorrhage. Being affected by a coronary thrombosis or a cerebral haemorrhage often result in life-long consequences in the form of paralysis on one side of the body, speech and language problems, memory problems and pronounced fatigue. If everyone with high blood pressure was in treatment, about half of all cases could probably be avoided – that is why you should know your blood pressure.

Who can get high blood pressure?

Everyone can get high blood pressure. But certain factors increase the risk. For example:

- A tendency for high blood pressure in the family
- A tendency in the family for coronary thrombosis in the heart or the brain
- Diabetes
- Kidney disease and
- Smoking
- Obesity
- Large alcohol consumption
- Too much salt in the diet
- Too much fat in the diet
- Too little exercise.

Be aware that you usually cannot feel that you have high blood pressure. Therefore, it is important that you have your blood pressure checked by your doctor.

What is blood pressure?

Blood pressure is the pressure in the large arteries partially in the phase, where the heart contracts (the systolic pressure), partially in the heart's relaxation phase (the diastolic pressure). The blood pressure is given using two numbers for example 140/90 mmHG (millimetres mercury). The pressure is not the same throughout the day. For example, it increases if you exert yourself, get excited or the like. That is why blood pressure should always be measured when you are relaxed.

What is high blood pressure?

If your blood pressure is higher than 140/90 mmHG, then you have high blood pressure. This limit applies to all adults – regardless of age and if you are a man or a woman. If you are diabetic or have kidney disease, the limit is lower – your doctor can advise you about this.

How often should blood pressure be checked?

Hjernesagen recommends that adults regularly have their blood pressure checked. It can take place at your doctor's, at a health centre or at home. How often you measure your blood pressure depends on your life situation. Speak to your doctor about it.

If you want to measure your blood pressure at home

If you want to measure your blood pressure at home, it is important that you get an approved blood pressure monitor with a cuff that fits your upper-arm. On Hjernesagen's homepage www.hjernesagen.dk you can find information on how to measure your blood pressure yourself. Here you can also purchase an approved blood pressure monitor.

140/90