



# 1 in 3 Have High Blood Pressure

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries and your heart.



In the UK high blood pressure is the **third biggest risk factor** for all disease after smoking and poor diet.



High blood pressure is responsible for **more than half** of all strokes and heart attacks.



Around **one in three adults** in the UK has high blood pressure.

High blood pressure costs the NHS over **£2.1 billion** every year.

High blood pressure was responsible for approximately

# 75,000

deaths in the UK in 2015.

High blood pressure rarely has any symptoms which is why it is called the **‘silent killer’**

The only way to know you have the condition is to get your blood pressure measured.

High blood pressure accounts for **12%** of all GP appointments in England.

# 12%



For more information go to [www.kabru.org](http://www.kabru.org)

We donate 50% of all our profits to UK blood charities