

# Do you know your numbers?

Manage high blood pressure. Prevent a stroke.

**Ideal BP**                      **120/80** mmHg or less

**Normal BP**                      between **120/80** & **140/90** mmHg

**High BP**                         **140/90** mmHg or higher



THE STROKE PROJECT

Tel: 020 7017 2811

## My BP numbers today:

SYSTOLIC BP	DIASTOLIC BP	PULSE

### SOME ADVICE

For more information on high blood pressure contact your GP or The Stroke Project

Tel: 020 7017 2811, Fax: 020 7017 2837  
Email [strokeproject@tlccare.org.uk](mailto:strokeproject@tlccare.org.uk)  
[www.tlccare.org.uk](http://www.tlccare.org.uk)