

What else can you do to look after yourself?

Get a GP

The most important first step in managing your physical health is to make sure you have a GP you can trust. Ask around among people you know and make an appointment for a check-up.

Quit smoking

- Smoking damages every organ in your body
- Smoking can cause tooth, mouth and gum disease
- Think of all the money you would save!
- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone **Quitline 137848 (13 QUIT)**

Be more active

- Aim to be physically active for at least 30 minutes every day walking is a great way to start
- You should be puffing a bit and break a sweat, but still able to talk

- More activity can lead to better mood and healthier weight
- It will help with cholesterol, blood pressure and diabetes

Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year
- Tooth decay can make you sick

Eat healthier foods

- Choose low fat and sugar free products
- Eat wholegrain breads and cereals
- Eat lots of fruit and vegetables
- Drink plenty of water
- Cut down fried and takeaway foods
- Avoid cakes, chocolate and lollies
- Limit alcohol

ccCHiP

Clinical Sciences Building
20 Hospital Road
Concord NSW 2139

Tel: 02 9767 6027

Fax: 02 9767 7107

Online:

www.ccchip.clinic

Email:

referrals@ccchip.clinic

Audio Visual Services 80335



Health
Sydney
Local Health District

ccCHiP



Blood pressure Information Booklet



Collaborative Centre for
Cardiometabolic Health
in Psychosis

Blood Pressure

The heart is one big muscle and its job is to push blood through blood vessels. Blood vessels carry blood to all parts of the body. Every time the heart beats (contracts) it forces blood through these vessels and this creates pressure. When this pressure gets too high it is called hypertension or high blood pressure. Over time high blood pressure can harm you. The problem is that you can't feel high blood pressure. So many people don't know they are at risk until they get their blood pressure checked.

What is normal blood pressure?

Blood pressure is always changing. But it also has regular ups and downs with each heart beat.

Blood pressure is normally described as the highest pressure (heart contracts) over the lowest pressure (heart relaxes):

120/80 mmHg



What is high blood pressure?

A person has hypertension if their blood pressure is:

140/90 mmHg or more



What causes high blood pressure?

- Obesity or being overweight
- Eating too much salt
- Not enough exercise
- Drinking too much alcohol
- Smoking
- Kidney disease
- High cholesterol
- Genes, someone in your family may have high blood pressure

What can untreated high blood pressure do to me?

It can cause:

- Heart attacks
- Heart failure
- Strokes
- Kidney failure

There is no
'Physical' health

There is no
'Mental' health

There is only
Health

How can I lower my blood pressure?

- Eat less salt
- Lose weight
- Eat more fruit and vegetables
- Stop smoking or at least cut down
- Drink less alcohol
- Exercise – you should be active enough to make you puff (e.g. walk, jog, swim or cycle)
- Take blood pressure lowering medication if prescribed by the doctor

My new medication is:

Name _____

Dose _____