

FAQs: High Blood Pressure Reading

Q. I've had a raised blood pressure reading today – does that mean that I have high blood pressure?

A. Not necessarily. Blood pressure can vary and sometimes when people get their blood pressure checked, they may get a raised result just because they are worried about having it taken.

Q. How can I tell if my blood pressure really is high?

A. The pharmacy can offer you an ambulatory blood pressure check. This means that they give you a blood pressure machine to wear for a few hours at home. The machine will check your blood pressure every half an hour during the day and will give them a truer picture of what your blood pressure really is.

Q. Why does it matter if I have high blood pressure? It doesn't make me feel ill.

A. Most people with high blood pressure will not experience any symptoms. The problem is that if left untreated, high blood pressure increases your chance of developing serious health problems such as heart attack, stroke, kidney disease or vascular dementia.



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