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High blood pressure is the second biggest preventable cause of death in the Western world (the biggest is smoking). It affects all ages but is commoner in older people - over half of people over 65 have blood pressure that is too high. High blood pressure often has no symptoms until it is too late -- when a stroke or a heart attack occurs. Fewer than 1 in 10 people with high blood pressure in the UK have had it detected and adequately controlled. This book explains what blood pressure is, and what makes it go wrong. It clearly sets out what a person with high blood can do to help himself, as well as what drug treatment is available. It emphasises what can go wrong with blood pressure measurement, including human error, how to be aware when this is happening, and what to do about it. Self-measurement of blood pressure using personal blood pressure recording machines is likely to expand significantly over the next few years, and is fully explained. High blood pressure is a life-long condition -- this book explains why and should therefore help people understand the importance of life-long treatment and blood pressure monitoring. The level of information in this book equals or exceeds the knowledge expected of practice nurses and similar health professionals concerning high blood pressure.

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