

# Do you know your blood pressure?



## Older people with high blood pressure



Sometimes in very elderly patients, managing blood pressure can be a bit of a balance. However, strokes and heart attacks can be prevented with treatment of high blood pressure. In older people a lower treatment target than usual may provide greater protection from strokes and heart attacks.



When trying to **lower your blood pressure** towards your target range, your doctor may want to monitor your blood pressure more closely. Checking your blood pressure **at home** may be helpful.

Ask your doctor or pharmacist for help choosing an accurate home blood pressure machine.\*

SCAN to download **blood pressure monitoring sheets** you can print at home.



**Reducing blood pressure with medicine** has been shown to lower the chance of developing dementia or problems with memory, learning, and concentration.

\* For a list of accurate blood pressure monitors, go to [www.stridebp.org/bp-monitors](http://www.stridebp.org/bp-monitors)

