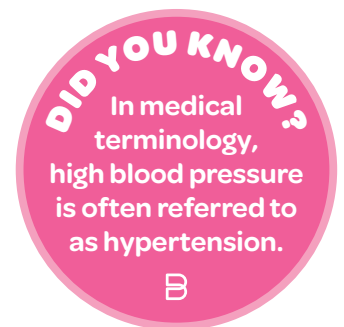


# UNDERSTANDING BLOOD PRESSURE

Retirement from sport is known to be a time when blood pressure can change. Planning for this forms an important part of an athlete's brain health toolkit. Having high blood pressure can damage the brain and may increase the risk of developing neurodegenerative brain conditions such as Alzheimer's disease.

OPTIMAL BLOOD PRESSURE (mmHg)	NORMAL BLOOD PRESSURE (mmHg)	HIGH-NORMAL BLOOD PRESSURE (mmHg)	HIGH BLOOD PRESSURE Stages 1-3 (mmHg)
less than <b>120</b> and less than <b>80</b>	and/or <b>120-129</b> less than <b>80-84</b>	and/or <b>120-129</b> less than <b>85-89</b>	more than <b>140</b> and/or less than <b>90</b>

One-off blood pressure readings can only tell us so much and there are lots of reasons a single measurement could be high. For an accurate diagnosis of high blood pressure you should always see a medical professional, who may want to arrange further investigations such as 24-hour blood pressure monitoring.



## TIPS TO REDUCE BLOOD PRESSURE

- Restrict salt
- Maintain healthy weight
- Get active
- Eat lots of fruit & veg
- Limit alcohol