

Media statement

16 May 2019

A simple measure will save lives

About one in four Queensland adults have high blood pressure, often referred to as hypertension. According to the Health of Queenslanders 2018 report, it is the leading risk factor for cardiovascular disease.

The theme for **World Hypertension Day (May 17)** is **'Know Your Numbers'** and encourages people to be aware of how high blood pressure can affect your health, and cause conditions like preventable stroke, heart disease and kidney disease.

Gympie Cardiology Nurse, Chris Parry would like to remind Sunshine Coast residents to take the time to check their blood pressure is in a healthy zone.

"Many people who suffer from hypertension are not aware that they have it as there can be no symptoms, often people only find out after suffering a heart attack or stroke.

"Heart disease is still the single biggest killer of Australian men and women, killing 51 Australian's every day and high blood pressure is a huge risk factor", Mr Parry said.

"Hypertension does not discriminate, affecting young and old, men and women. High blood pressure may be due to a number of factors, including increasing age, smoking, being overweight or obese, high cholesterol, a lack of exercise, high salt intake and high alcohol consumption."

"Being mindful of improving your lifestyle, in conjunction with medication is the best way to stay on top of high blood pressure," Mr Parry said.

Chris Parry will be carrying out free heart checks, including blood pressure checks on 17 May at the Gympie Show, Exhibition Road, Southside Gympie.

MEDIA OPPORTUNITY

Cardiology Nurse Chris Parry will be at the Gympie Show on Friday May 17 from 9:00am – 5:00pm. Contact the media officer below to arrange an interview.

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