

# 16. MY HEART

Blood pressure should be checked every year.



Reviewed September 2023. Free to use for personal use and with people you support. **This checklist can be downloaded from [www.surreypb.org.uk](http://www.surreypb.org.uk)**

High blood pressure can lead to heart problems and other health problems like strokes.

People with heart problems may have chest pains, feel faint or dizzy, have swollen ankles and poor circulation.



It's important to phone 999 for an ambulance if anyone is having bad chest pains.

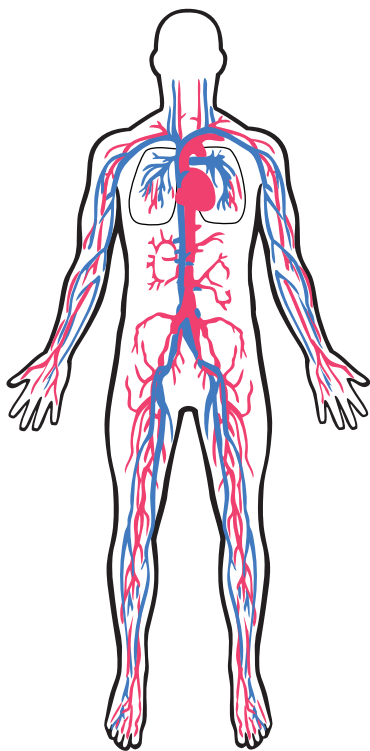
# THINGS TO CHECK

1

Does anyone think you should talk to your doctor about your blood pressure or cholesterol?



Arteries are tubes that carry blood around your body.



Cholesterol



Cholesterol is a fat that is carried in your blood.

Too much cholesterol in your blood can cause your arteries to get blocked.

Your doctor will tell you how often you should have your cholesterol checked.



Your blood pressure should be checked every year.

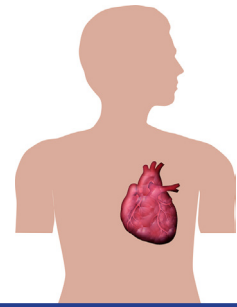
Blood pressure is the force your blood puts on the walls of your arteries. High blood pressure puts strain on your arteries and heart.

Tell your doctor if you have:

- signs of blueish colour on your lips, fingers or toes.
- signs of breathlessness or heart palpitations (fast heart rate).

2

Do you need more support to keep your heart healthy?



You may have high blood pressure or cholesterol.



You may need more support to have a healthy lifestyle.

See our 'Lifestyle' checklist for tips on healthy eating, smoking, alcohol and exercise.



You may need more support to get the care you need if you have a heart problem.

You may need support to get to appointments and follow the advice you are given.

## Your family history

It is important to tell your doctor if members of your family have a history of heart problems like high blood pressure.



## The British Heart Foundation

The British Heart Foundation website has advice on keeping your heart healthy and living with a heart condition.



[www.bhf.org.uk](http://www.bhf.org.uk)

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## Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about Heart Disease designed by many different organisations.

Look in the 'Health videos' and 'Health Leaflets' section.



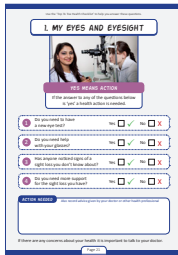
[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.surreypb.org.uk](http://www.surreypb.org.uk)

The Health Action Planning toolkit is free to use.

- There are 20 other checklists in the series covering a wide range of health issues.
- There is a Health Action Plan template for your checklist answers.



The Health Action Planning Toolkit was developed by Mike Leat from The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

Special thanks to members of the Health Action Planning Group for their support and advice: Phil Boulter, Matthew Box, Kathryn Fisher, Maria Gainsford, Gemma Hare, Patrick Howarth, Denise Souter and Susann Stone

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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The **Clear Communication** People Ltd

The development of this toolkit was made possible by initial funding from The Learning Disability Partnership Board in Surrey, and further funding from The South East Health Quality Forum.

The Clear Communication People Ltd also helped fund the development.