



## Understanding Blood Pressure (Revised edition)

By Gareth Beevers

Family Doctor Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Understanding Blood Pressure (Revised edition), Gareth Beevers, If you are over the age of 30 and can't remember when you last had your blood pressure checked, you could be one of the 7 to 10 million people in this country who has high blood pressure. Doctors usually use the term 'hypertension' to describe this condition which may cause no symptoms at all for many years, but could eventually lead to serious complications, including heart disease and strokes. The most important message on hypertension is that, unless you have your blood pressure checked, you may not know that you have hypertension until it has done you harm.



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