

# HEALTH MATTERS

## What causes high blood pressure?

High blood pressure often runs in families. Sometimes kidney or glandular disease may be responsible.

However, eating too much salt, drinking too much alcohol, being overweight, and not moving around enough each day, can also contribute to high blood pressure and heart disease.

The only way to find out if your blood pressure is high is to have it checked. Ask your doctor or nurse how often you should have your blood pressure checked, and encourage your family/whānau to have theirs checked regularly too.

A great way to look after your long-term wellbeing.

[www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

## Help the Heart Foundation raise funds for life-saving research.

Please give generously to the Big Heart Appeal street collection on Friday 21 or Saturday 22 February.



Smoking causes **40%** of all strokes in people aged under 65 years

**40%**

**Quit now** Don't be a statistic

## IN OUR WHARE

WE ARE  

We love our  Tamariki

WE RESPECT *our kaumātua*

 WE CHERISH 

*our language* **we celebrate**

OUR CULTURE WE SUPPORT

 *each other* **WE**  **celebrate** SUCCESS

WE LOOK AFTER  *our environment*

 **WE ARE WHĀNAU**

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For more information visit [www.manageme.org.nz](http://www.manageme.org.nz) or [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

**1**

Home  
(Self Care)

## UNWELL OR INJURED?

Where should I be?

**2**

General  
Practice (GP)  
& After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

**3**

Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

