

# Don't Put Your Ticker Under Pressure with Our Amazing Festive Offers!

**Blood Pressure Monitor - 65% Off**  
**now only £15**

The heart is the central system of the body; in love and health.

Essentially, the heart it is a pump. Around 10 million people in the UK have high blood pressure – that's one in six of us. The heart (pump) works by generating pressure, but simply too much pressure puts a strain on the arteries and on the heart itself and can cause an artery to rupture or the heart to fail under the strain.

In up to 25% of patients, the 'office visit' blood pressure reading is higher than their typical blood pressure. This type of error is called 'white coat hypertension' and can result from anxiety related to an examination by a health care professional.

Blood pressure depends on a combination of two factors:

- How forcefully the heart pumps blood around the body
- How narrowed or relaxed your arteries are

One of the big problems with high blood pressure is that it hardly ever causes symptoms. This means it may go unnoticed until it causes one of its later complications such as a stroke or heart attack.

A typical normal blood pressure reading would be 120/80 mmHg but there is a natural tendency for blood pressure to rise with age due to the elasticity of the arterial system, so you must take this into consideration.

With the option of home monitoring, you can keep a closer eye on any changes with your blood pressure that may be affected by any lifestyle changes or medication in a 'white coat free' environment. To help improve hypertension, take full advantage of the Omron Digital Automatic Blood Pressure Monitor, available at Ashtons Late Night Pharmacy at **65% off now only £15.**

***Why Pay More?***

**OMRON**