

Supplementary Appendix 1. What you need to know about your blood pressure.

The doctors and nurses involved in your care want you to become involved in your treatment. They wish to give you the best treatment possible. Some of the important targets for your treatment are listed below. If for any reason we do not achieve a target it is important to discuss this with us to improve your care. More explanations about each of these can be found in the accompanying booklet.

► 1. Target Blood Pressure

We are aiming for a target blood pressure of less than 150 upper figure (systolic) and of less than 90 lower figure (diastolic) written as 150/90.

Ask your doctor or nurse what your blood pressure is and record it on this card. If your blood pressure is greater than 150/90 ask your doctor or nurse why this is.

► 2. Coronary Risk

You should know your coronary risk status. This tells you how likely you are to develop heart problems over the next 10 years.

If you don't know this ask your doctor or nurse. They will calculate it for you. They base this on your blood pressure, medical history, age, sex and smoking habit.

► 3. Preventative drugs

We use some drugs to prevent heart disease:

- Aspirin: If your coronary risk is greater than 15% or you are diabetic or you have angina, have had a heart attack or a stroke you should normally be on aspirin.

If you are not on aspirin ask your doctor or nurse why not.

- Cholesterol lowering drugs: If your coronary risk is greater than 30% or you have angina or have had a heart attack or a stroke you should normally be on a cholesterol-lowering drug (a 'statin')

If you are not on a cholesterol-lowering drug ask your doctor or nurse why not.

► 4. How often should my blood pressure be checked?

The doctors and nurses in this practice have agreed that your blood pressure should be checked at least twice a year if it is controlled (less than 150/90). If it is not completely controlled (greater than 150/90) you should be seen more often.

If you have not had a check in the last 6 months please make an appointment.

► 5. Blood tests

You should have your cholesterol checked each year. Depending on your medication, you may also need a blood test to check your kidney function.

If you have not had a blood test in the last 12 months, ask your doctor or nurse why?