

World Hypertension Day 2025 – ISH President message

World Hypertension Day is on 17 May – and I encourage you to get involved.

The most important step you can take is to check your blood pressure.

You should be able to do this at your local health centre or pharmacy.

You can also measure your blood pressure at home with a blood pressure monitor.

High blood pressure often has no symptoms, so even if you feel fine, it's worth measuring.

Many people have hypertension without realising it, and the risk is serious – it can lead to heart disease, stroke, kidney disease, and many more complications.

The good news is that high blood pressure can be treated. But if you do have hypertension, it is important to know.

If you do have hypertension, follow what your doctor or pharmacist tells you to do.

And remember that lifestyle changes can make a big difference – including eating a healthy diet, getting enough sleep, and exercising a few times a week. Try to cut down on salt too.

If you're measuring your own blood pressure at home, make sure you do it correctly. Recommendations include:

- using a blood pressure monitor which has been properly tested for accuracy
- resting before taking your blood pressure measurements
- sitting in the correct position
- and placing the cuff directly around your arm – not over your clothes.

One final thing. If you are interested in staying in touch with the activities of the ISH, consider joining us as a member. We have membership categories for health care professionals, and free membership for trainees.

We also have an associate membership category, suitable for anyone with an interest in hypertension. So have a look at our membership options.



Thank you.