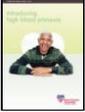




# Free Publications List

A5 Information booklets		Tick
	<b>Introducing high blood pressure</b> This booklet covers what high blood pressure is, who gets high blood pressure and why, and general tips on how to lower it	
	<b>Healthy eating and blood pressure</b> This booklet explains how you can lower your blood pressure by making gradual changes to your eating habits	
	<b>Healthy lifestyle and blood pressure</b> This booklet reveals how being active and keeping to a healthy weight can help to lower blood pressure	
	<b>Getting the most from blood pressure medicines</b> This booklet explains why you might need blood pressure medicines, how they work, and how to find the right ones for you	
	<b>Measuring your blood pressure at home</b> This booklet explores why home monitoring may be useful, how to find a reliable monitor and how to accurately measure your blood pressure	
A4 Medicines Fact Sheets		Tick
<b>ACE Inhibitors</b>		
<b>Angiotensin Receptor Blockers (ARBs)</b>		
<b>Beta Blockers</b>		
<b>Calcium Channel Blockers</b>		
<b>Combination Medicines</b>		
<b>Diuretics</b>		
<b>Non-Standard Medicines</b>		
<b>Side-effects of Medicines</b>		

*Please send me the free information I have ticked above*

As a charity we rely entirely on voluntary donations. We'd be very grateful if you'd consider making a donation to help us cover the cost of providing this information or towards our wider work. Thank you.

*I have enclosed a donation of £ \_\_\_\_\_*

*Cheques should be made payable to 'Blood Pressure UK'. We also accept credit and debit cards (Visa and Mastercard):*

Card number: \_\_\_\_\_ Cardholder Name: \_\_\_\_\_

Start Date: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Security Number: \_\_\_\_\_

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Blood Pressure UK sends out a monthly e-mail newsletter all members. Please send us your details to sign-up:

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