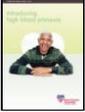




Free Publications List

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

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):

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Start Date: _____ Expiry Date: _____ Security Number: _____

Mr/Mrs/Miss/Ms _____ First Name: _____ Surname: _____

Address: _____

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

My e-mail address is: _____