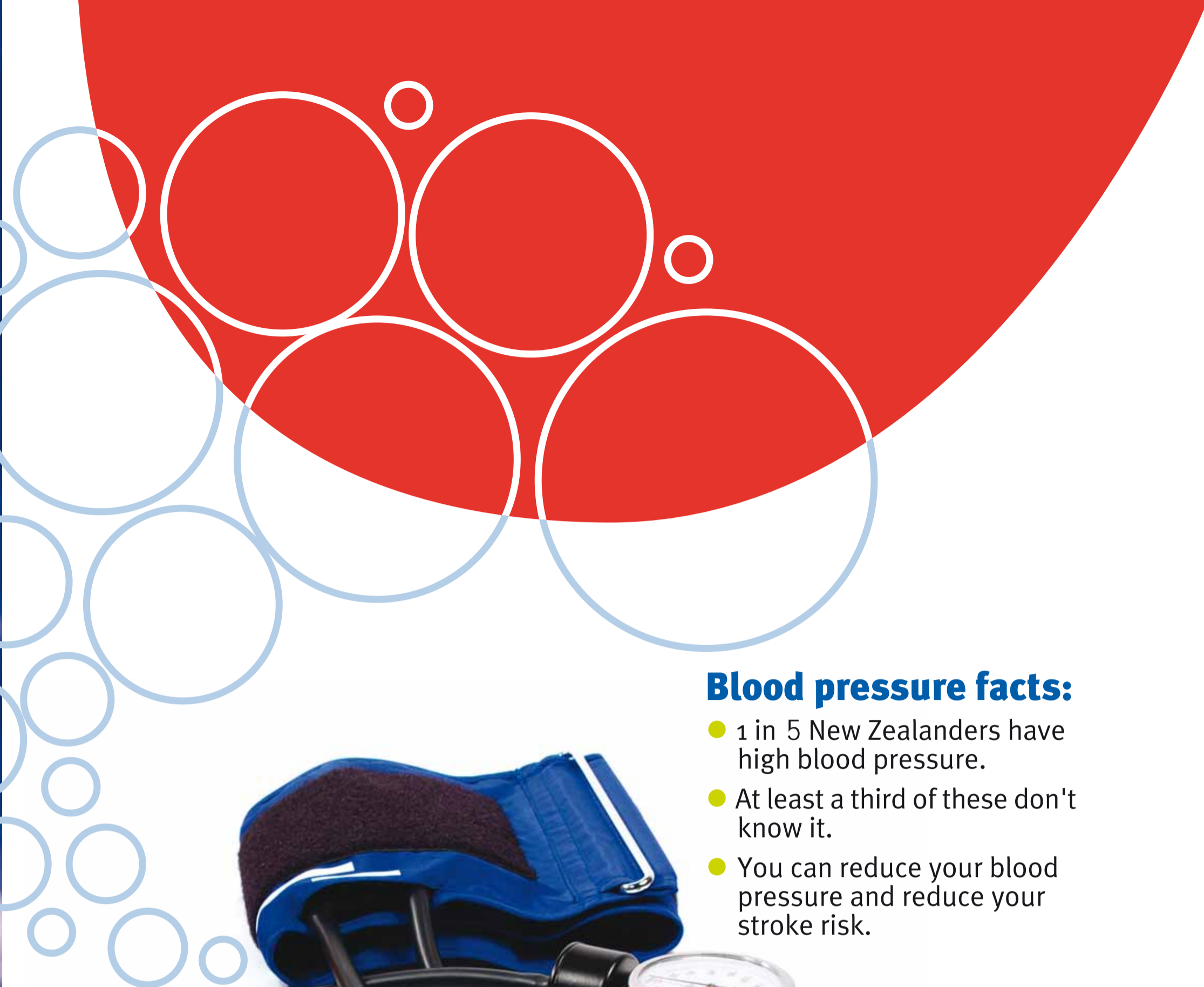
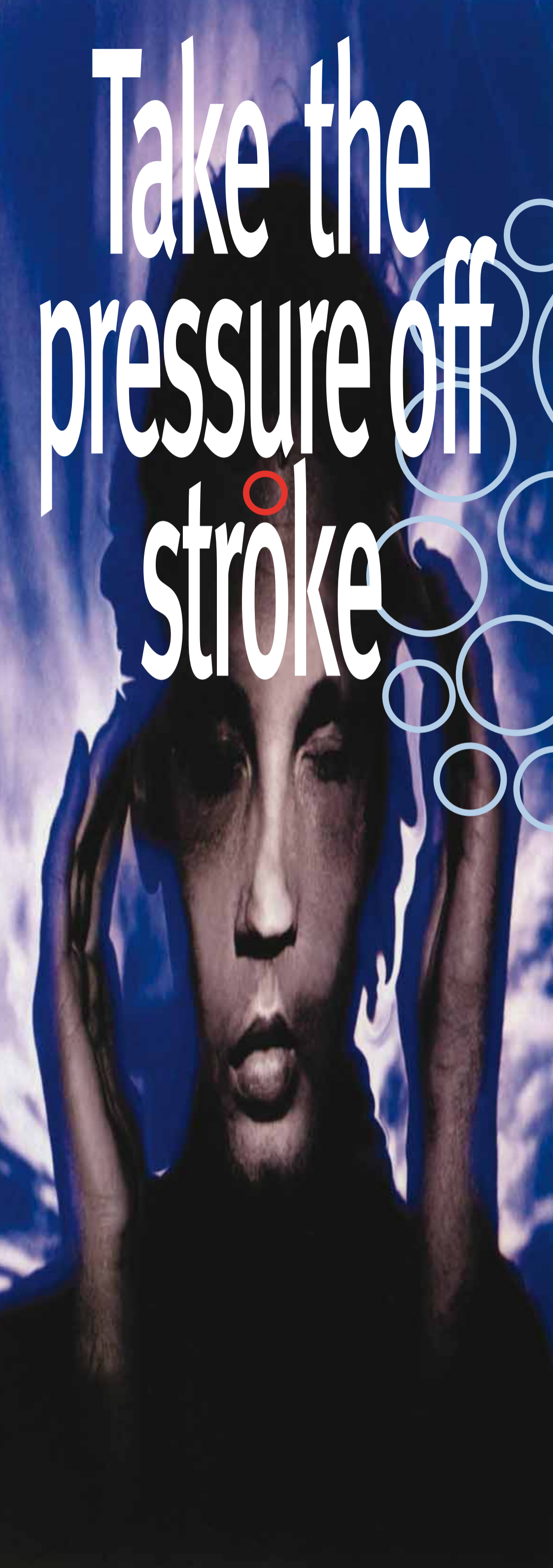


Take the pressure off stroke



Blood pressure facts:

- 1 in 5 New Zealanders have high blood pressure.
- At least a third of these don't know it.
- You can reduce your blood pressure and reduce your stroke risk.



8,000 strokes happen a year in New Zealand

And most of these are preventable. Keeping control of blood pressure is often the best way of reducing stroke risk. Get your blood pressure checked regularly and make any necessary changes to lifestyle and diet.

Don't let stroke take you by surprise



0800 78 76 53
www.stroke.org.nz