

Story Card 1

Dr Lisa Smith

I am a GP in a busy city practice. When I find a patient's blood pressure is slightly high I always encourage them to make lifestyle changes. Most of them ignore me. I find this so frustrating as I know that they may go on to develop other more serious conditions which could be avoided very easily.

Story Card 2

Ravinder Khan

I'm a man in my forties and I work very long hours. I travel a lot with my job and spend a lot of time in my car, I tend to eat takeaways for lunch every day. My wife is a great cook and always makes wonderful traditional meals. At the end of the day I like to have a whisky to help me relax. At a recent check up my Doctor told me to take some exercise, eat differently and cut down on drinking. How can I find time to exercise in my life? Why does he want to take away my simple pleasures?

Story Card 3

Marjorie Jones

I'm 70 years old and my doctor tells me I have high blood pressure, I've also been diabetic for 8 years.

My family are very important to me, I have 2 daughters and 6 grandchildren and I love spending time with them. I worry that my daughters have too much to do in their busy lives so I try to help them with childcare and housework, and of course I have to look after my husband. Sometimes I get so flustered, I never seem to have time to take a rest. I worry about what will happen to everyone else if I get ill?

Story Card 4

Jane Black

I'm a busy working mum in my 30s. I have 2 young children and I work part time. I try to eat healthily and I do a lot of exercise running after the kids. I find that I need to drink lots of coffee to give me the energy to keep going. I feel really stressed all the time. I went to the doctor and she says my blood pressure is high, it's just another thing for me to worry about.

Story Card 5

Shahina Singh

I'm a woman in my early 30s, I've just moved to the city and so I've got a new Doctor. When I registered with the Doctor the nurse said I had high blood pressure and now I have to have some tests and they're going to give me a monitor to check my blood pressure for 24 hours. It all seems a bit much. I feel fine, and I'm not looking forward to wearing this monitor all day. What will people think?

Story Card 6

Simon Matthews

I am a man in my early 60s and I have been taking medication for high blood pressure for a few months. I am sure that my blood pressure tablets are causing the dry cough I suffer from. I am considering asking my doctor to try a different type of medication, but I think the doctor knows best and probably gave me the best treatment in the first place.

Story Card 7

John Church

I am a man in my early 50s and was diagnosed with high blood pressure a couple of years ago. I find this hard to understand because I cycle two miles to and from work every day, have a balanced diet, am certainly not overweight and rarely drink alcohol. I have none of the likely risk factors, so I think the condition must be genetic. I am concerned that my two teenage children will have to live with the same problem in the future.

Story Card 8

Emily Carter

At the age of 35 I had a heart attack. Since then I have been on several types of medication for high blood pressure. After two years on medication I decided that it was having no real effect and I couldn't stand taking so many tablets any more. I gave up taking the tablets 2 months ago and I haven't noticed any change.

Story Card 9

Nadia Zahan

I am 12 years old and my dad has high blood pressure. He went to see the doctor who told him to change how he lives. He now plays football at weekends, walks to the shops instead of driving and eats a lot less junk food. I don't know if his blood pressure has gone down, but he's lost weight and is much happier too. I'm glad he's trying to change.

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