## Healthy Hearts content for partner websites

[H1] Blood pressure checks in the community

[H2] Together we can reduce the risk of heart attack and stroke

Heart attack and stroke are common causes of death and disability across Lancashire and South Cumbria. But many heart attacks and strokes could be prevented.

Lifestyle factors can increase the risk of heart attack and stroke, as can high blood pressure, atrial fibrillation (a form of abnormal heart rhythm), high cholesterol and type 2 diabetes. There are simple steps you can take to live well and to identify issues early to reduce your risk and keep your heart happy.

The British Heart Foundation is supporting us to deliver blood pressure tests in our communities in partnership with NHS, Councils, [other Lancashire football clubs / Lancashire football clubs - delete as appropriate], leisure centres and pharmacies so that people know their numbers. This is because high blood pressure can increase the risk of a heart attack, kidney disease and stroke.

##### [Information will then need to be added about where and when people can get a blood pressure check, examples below]

To get your blood pressure checked come along to one of the following events:

To get your blood pressure checked, pop into your local leisure centre and ask at reception. Find your nearest leisure centre here.

##### For more information and to find out what your numbers mean visit [healthierlsc.co.uk/healthyhearts](https://www.healthierlsc.co.uk/healthyhearts)