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## Keeping the pressure down in Victoria

The National Stroke Foundation is aiming to check the blood pressure of over 10,000 Victorians this week, at more than 100 pressure stations being set up by members of the Pharmacy Guild and Rotary Clubs as part of the **Know your numbers** campaign running in Victoria from 25-27 October.

This will be the largest event of its kind in Victoria.

The **Know your numbers** campaign aims to help raise awareness about high blood pressure, the major contributing risk factor for stroke.

“We want Victorians to know their blood pressure and be safe from stroke,” Professor Christopher Bladin, Co-Medical Director of the National Stroke Foundation said.

“The higher your blood pressure, the greater your risk of stroke.”

“We hope to get as many people as possible to stop by a pressure station for a free, quick and painless check that could help to save their life.”

Professor Bladin said that high blood pressure is often called the silent killer because there can be no symptoms.

“The only way to know your blood pressure is to have it checked, and it can vary from day to do which is why regular blood pressure checks are so important,” Professor Bladin said.

“Blood pressure checking plays an important role in reducing the incidence of stroke in our community,” said Dipak Sanghvi, Victorian President of the Pharmacy Guild of Australia. “Community Pharmacy is pleased to help raise awareness of blood pressure and contribute to better health outcomes for Victorians.”

Stroke is the second single biggest cause of death in Australia, and a leading cause of disability. A stroke happens approximately every 10 minutes in Australia.

**For more information on the Know your numbers campaign or for interviews contact Nicola Edwards on 9670 1000 or 0416 800 790.**

