

Hypertension dramatically increases the risk of stroke, but you might not even know you have it.

The Risk Factors:



Overweight



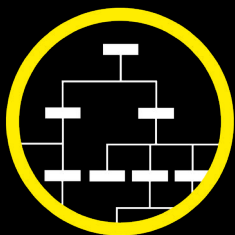
Age



Stress



Inactivity



African or Caribbean heritage or family history

So test yourself, even if you feel healthy.

Test while you wait!

GP surgeries in Tilbury and Chadwell have been equipped with self-testing machines for blood pressure, so that you can test your readings before going in for your appointment.

Where?

- Chadwell Medical Centre - 1 Brentwood Road, Chadwell St Mary, RM16 4JD
- Tilbury Health Centre - London Road, Tilbury, RM18 8EB
- Commonwealth Health Centre - Quebec Road, Tilbury, RM18 7RB
- East Tilbury Medical Centre - 85 Coronation Avenue, East Tilbury, RM18 8SW
- Dilip Sabnis Medical Centre - Linford Road, Grays, RM16 4JW
- Appledore Medical Centre - 8 Coronation Aveune, East Tilbury, RM18 8SJ.

To use the equipment you have to be over 18 and registered with a Thurrock GP.

