

Charlotte's story



Charlotte, Age 43

Pfizer life aims to help you make more informed decisions about how you can live your life in the best possible health. This story is an example of one patient's experience with high blood pressure. However your experience may be very different.

I didn't know I had high blood pressure. My father had been very ill, and making sure he was okay as well as looking after the rest of my family was hard. But you just have to cope don't you?

I happened to be at the doctor's surgery. My doctor is really sympathetic, I told her about what had been going on, and as we were talking she took my blood pressure. It was very high. I went back a few times over the next week or so, and it was always high, even when I thought I was feeling really relaxed.

My doctor has prescribed pills for me to take, to bring it down.

But I found out that you can do things to help yourself too. I don't want to have my health undermined anymore without me knowing it. So losing a bit of weight, and getting more regular exercise will also help control my blood pressure.

My daughter said that it was about time that I put looking after myself on my list of things to do. When I've gone for blood pressure tests lately my readings have been much better, thanks to my doctor's help.