



Steve, Age 48

Steve's story

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.

It took a while for my doctor to help me control my blood pressure. I suppose that I shouldn't have been surprised that my blood pressure was high. Everyone in my family seems to have had high blood pressure.

My dad has been on pills for his blood pressure since his forties, and he is well into his seventies now. He's always led an active and full life, and this made me feel better about being diagnosed with high blood pressure myself.

One thing the doctor said, which I was a bit uncomfortable with at first, was to ask about my drinking. It's not that drinking's the main thing in my life, but I am a very sociable person. And our local pub still has a dart's team – and I'm not bad at darts. But that always means a few drinks.

I had a long hard look at how much I was drinking and have cut it right back. I still have a few beers every now and then, but not every night. My doctor told me this will help me keep my blood pressure under control.

And you know what? I lost a stone and a half last year. I feel great. In a way, being told I have high blood pressure changed my life, and in some ways it was for the better. I still play darts - but these days my aim is better at the end of the night!