



**MAY  
MEASURE  
MONTH**

For further information:  
[MayMeasure.org](http://MayMeasure.org)



**THANK YOU FOR BEING PART OF  
MAY MEASUREMENT MONTH**

**BASED ON YOUR RESULT,  
WE RECOMMEND THAT YOU:**

Your blood pressure today was:

RESULTS

DATE

- ☐ Start making lifestyle changes and see a doctor as soon as possible.
- ☐ Start making lifestyle changes and check your blood pressure again within a couple of months.
- ☐ Maintain your healthy lifestyle and continue to have regular blood pressure checks.

**#TheBigSqueeze**

May Measurement Month is a global blood pressure (BP) awareness charity with the aim of highlighting the importance of measuring BP and to raise awareness of the dangers posed by elevated BP and hypertension. Registered charity number: 1196683

# KNOW YOUR PULSE TO KNOW YOUR HEART RHYTHM

*- it could save your life*



[www.knowyourpulse.org](http://www.knowyourpulse.org)

DETECT • PROTECT • CORRECT

## BASED ON YOUR HEART TRACING (ECG) RESULT, WE RECOMMEND THAT YOU...

- ☐ See your doctor as soon as you can and show them your ECG, where possible.
- ☐ Remember to check your pulse frequently to examine for an irregular heart rhythm. Find out how you can easily check your pulse by visiting [www.KnowYourPulse.org](http://www.KnowYourPulse.org)

For those who have an irregular rhythm, and so possible AF, you can contact us for information by emailing: [info@afa-international.org](mailto:info@afa-international.org)



AF-SCREEN



**AFA**  
AF Association

**A A**  
Arrhythmia Alliance

[www.hearthythmalliance.org](http://www.hearthythmalliance.org)



**MAY  
MEASURE  
MONTH**

Atrial Fibrillation (AF) is the most common arrhythmia (heart rhythm disorder) which can lead to AF-related stroke and heart failure. It is important to Know Your Pulse to Know Your Heart Rhythm – it could save your life.