



The Importance of Blood Pressure Checks

Employer: Purmo Group UK Ltd

Area: Campaigns

Theme: Health Checks



The Importance of Regular Blood Pressure Checks – Anthony Duggan

As part of the Better Health at Work initiative, I took part in training to become a Cardiovascular Disease (CVD) Champion along with several colleagues within our organisation. The training was designed to raise awareness of heart health and encourage colleagues to take proactive steps in managing their wellbeing.

During the training session, I had the opportunity to check my blood pressure. I didn't expect anything out of the ordinary as I consider myself to be relatively fit and healthy, but the reading came back elevated. That was the start of a journey I hadn't anticipated.

Thanks to the initiative, we had access to a blood pressure monitor in the workplace. I decided to keep track of my readings over the next couple of weeks. The results were consistently high, which prompted me to book an appointment with my GP to investigate further.

From there, I was referred to several specialists and underwent blood and urine tests. The results showed that I had high cholesterol, and after further analysis, I was diagnosed with a rare hereditary condition called remnant dyslipidaemia. This condition affects how the body processes certain types of fats and significantly increases the risk of cardiovascular disease.

To manage my health, I was prescribed Ramipril to control my blood pressure and Atorvastatin to reduce my cholesterol levels. I continue to attend regular follow-up appointments to monitor and assess my condition.

What I Learned

This experience taught me that high blood pressure often has no symptoms, yet it can be a sign of serious underlying health issues such as heart disease, stroke, and other serious conditions. If I hadn't taken that initial reading during the CVD Champion training, I might not have discovered the condition until it was too late.

My Message to Colleagues

- Don't ignore your blood pressure - even if you feel fine and think "it won't happen to me".
- Use the resources available through our health initiatives.
- Track your readings and follow up with your GP if anything seems off.
- Share your story - you never know who it might help.

Taking that first step made a huge difference in my life. I encourage everyone to make their health a priority and take advantage of the support available through our workplace wellbeing programmes.

Anthony Duggan

