

# CROSS DEEP SURGERY

AT THE HEART

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OF TWICKENHAM

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Dear Patient,

We are implementing a new system to enable patients with hypertension to be monitored closely and safely at home without the need of coming into the practice unless they need to. We are encouraging patients who are able to, to monitor their blood pressure at home and send readings to the practice, ideally during your month of birth.

i.e. if your birthday falls in January we would like to receive a reading in January. During your Birthday month please also call the practice to book a routine annual blood test. You will need to call the practice 5 working days after your blood test to receive your results.

If you are unable to take your blood pressure at home, our Healthcare Assistant will be able to take this for you at you appointment for your annual blood test which you should book during your birthday month.

**Note: If you have not had your blood pressure or blood test taken since the start beginning of April 2020 and your birthday has passed, we would welcome you routinely call and book to have this done over the coming months.**

A normal home blood pressure reading for patients aged **under 80 years is 135/85** or less & patients **over 80 years is 145/85** or less. If you are diabetic, a normal blood pressure home reading is 140/80 or less.

Please email your readings, plus your weight and smoking status through to the practice on [swlccg.crossdeepsurgery-pharmacist@nhs.net](mailto:swlccg.crossdeepsurgery-pharmacist@nhs.net)

If you need any addition support or advice regarding your blood pressure, please call the surgery to speak to our Pharmacist, Practice Nurse or your GP

If you have not already got a blood pressure machine at home, these can be purchased online or via a local pharmacy. C Goodes pharmacy in Twickenham will provide our patients with a discount on any blood pressure machine purchased by quoting CROSSDEEP. Please ensure that you are using an arm cuff machine as wrist cuff machines do not give an accurate result.

If you have any questions then please let us know.

Yours sincerely  
Cross Deep Surgery Pharmacist