HEALTH MEASURMENT PODS

Many of you will have noticed that the surgery has installed blood pressure measuring PODS into the waiting rooms at Apsley and Highfield. The POD is used to measure your height, weight, BMI and blood pressure.
You may have been requested to use them when attending the surgery as it can save time in your appointment and give useful information to the GP. Even if the surgery has not requested you to do so, you are welcome to check your readings at any time.
Blood pressure can fluctuate and often is raised when visiting the surgery so the recommendation is that you should arrive early for your appointment and sit quietly for 10 mins before using the POD. High blood pressure rarely has symptoms but can easily be managed so keeping an eye on it is to be recommended.

https://www.nhs.uk/health-assessment-tools/check-your-blood-pressure-reading

I am afraid that for those of us of a certain age the height and weight measurements are metric, but the key number is BMI which tells you about the ideal weight for your age and height. The PPG in conjunction with the surgery have prepared a conversion table for those of us who would rather keep to imperial weights and measures.
Feel free to use the link to check your BMI (body mass index).

(https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/

The POD is simple to use; full instructions are given so we would recommend you take advantage of this useful addition to patient care.

