

## **A really useful hypertension website (August 2009)**

I strongly recommend the Canadian Hypertension Education Programme (CHEP) website

<http://www.hypertension.ca/>

It has "Health Care Professional" section and a "Public" Section and is an excellent up to date resource for GP's and their patients.

One of the unique things about the Canadian Hypertension guidelines (on CHEP) is that they are updated annually to incorporate significant advances in the field from the previous year.

They also have educational slide kits on a variety of hypertension-related topics which can be easily downloaded for teaching purposes.

The "Public" section is also well-designed and easy to use by your patients. There is excellent material of lifestyle modification, and the information on sodium is particularly useful.

I thoroughly recommend that you spend a few minutes looking at this website;- anyone interested in hypertension is sure to find something of interest to them.