

Remember --

You can't feel high blood pressure.
But it can cause:
strokes, heart attacks, kidney problems.

Check the steps

you will take, to help control your blood pressure:

- Decide to slim down.
- Exercise 3 times every week.
- Stop smoking. Get help to do this.
- Cut down on the salt I eat.
- Lower my cholesterol.
- Check on the drugs I take.
- Take my blood pressure medicine every day.
- See my doctor regularly.
- Learn how to relax.

We can't cure high blood pressure but, together,
you and your doctor can control it.

High Blood Pressure!

You Can Do Something About It

If your blood pressure is too high, you run the risk of having a stroke, a heart attack, or kidney problems.



Patient's Name

If your blood pressure is more than 140 over 90
(140/90), it may be too high.

Your's is: _____ / _____

Here's what you can do!

1. If you are too heavy, try to slim down.
Ask for help with this.
It isn't easy, but it will make a difference.
2. Get more exercise.
Walking, swimming or even taking the stairs instead of the elevator can help.
Work up to exercise that lasts at least 30 minutes, 4 time a week.
3. If you smoke, get into a program that will help you stop.
Even if you've tried before - begin again.
Many people have to work on this more than once.
In time, most of them do stop.
4. Lower your cholesterol.
That means, cut down on fried food.
Trim the fat off meat and the skin off chicken.
Drink low-fat or skim milk.
Eat ice milk, not ice cream.
Eat more fruits and vegetables.
In everything you eat - *Eat Less Fat.*
5. Cut down on salt.
Salt holds in water and other fluids.
This adds to the amount of blood in your body and makes your heart work harder to pump it against this higher pressure.
6. Ask your health provider to check on your medicines.
Some nose drops and cold medicines can make high blood pressure worse.
Other medicines have high blood pressure as a side effect.
7. If you doctor gives you medicine to help control your blood pressure, take it every day.
Don't stop just because you feel all right.
Stopping your medicine quickly could mean a quick rise in your blood pressure. That could bring big trouble for you.
8. Cut down on the stress in your life.
Decide to take it easy, many times a day.
Breathe deeply, and walk away from petty things.
Learn how to deal with your anger.
9. Check regularly with your doctor to be sure things are on track.