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 medicines 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: ____ / ____
Things are on track.

9. Cough frequently with your doctor to be sure.

Tea now. To deal with your nurse.

Decide to keep it or keep things a day.

8. Cut down on the stress in your life.

Bring this trouble for you.

Quiet rise in your blood pressure. That could

Stoppage your medicine. Could mean a

Don’t drop just because you feel all right.

Your blood pressure. Make every day.

If your blood gives your medicine to help control

Side effect.

Other medicine. Have high blood pressure as a

High blood pressure. More.

Some over drops and cold medicine can make

6. Ask your health provider to check on your

Here’s what you can do:

Try this when your doctor says it is time.

This adds to the amount of food in your body.

Eat fruits in water and other things.

Sodium foods in water and other things.

Eat less fat.

Eat more fruits and vegetables.

Eat my fruit and not the cream.

Don’t rely on a high milk

Think less of meat and the skin of chicken.

Think more of meat on high food.

4. Lower your cholesterol.

In case of them do stop.

Many people have to work on this more than

Barren if we’re with before – begin again.

3. If you smoke, get into a program that will help

Work up exercise that lasts at least 30 minutes.

Walking, swimming or even lifting the stairs

2. Get more exercise.

If it isn’t easy, plan will make a difference.

Ask for help with this.

If you are too heavy. Try to slim down.