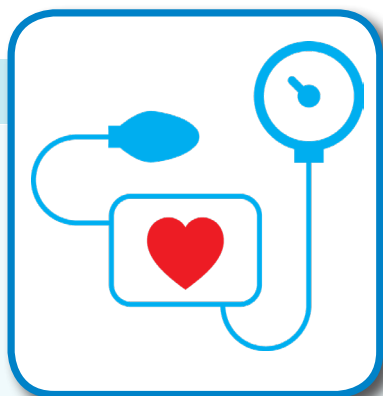



Blood Pressure



What is blood pressure?

- Blood moves through the body in blood vessels called arteries.
- Blood pressure is the amount of pressure against the arteries when your heart beats.

What is good blood pressure?


- The best blood pressure for most people is less than 120/80. 
- High blood pressure is called hypertension.
- Ask your doctor at every visit what your blood pressure goal is.
Write your blood pressure goal here: _____




It is important to know your blood pressure. You may have high blood pressure and not know it. High blood pressure is often called “the silent killer.”

Why is high blood pressure bad?

High blood pressure can cause:

- Heart attack and other heart problems 

- Stroke 

- Kidney problems 

- Eye problems 

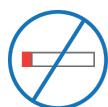
What causes high blood pressure?

- High blood pressure can run in families.
- Your chance of having it goes up as you get older and is higher if you have other health problems like heart disease, kidney disease or diabetes.



You can help control your blood pressure by making healthy choices.

HEALTHY



Don't smoke



Exercise



Healthy weight



Healthy diet



Don't drink too much alcohol



Control stress and anger



Get enough sleep



See your doctor



Take medicine, if needed

UNHEALTHY



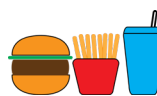
Smoking



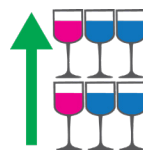
Not exercising



Overweight



Poor diet



Drinking too much alcohol



Uncontrolled stress and anger



Not enough sleep



Not keeping follow-up appointments