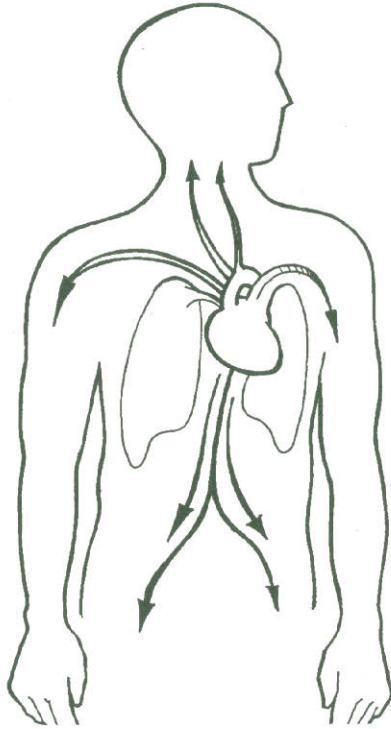


HIGH BLOOD PRESSURE

Everyone has blood pressure. Blood pressure is created when the heart pumps blood through arteries to all parts of the body.

Some people have blood pressure that is higher than normal. The cause of high blood pressure is unknown.

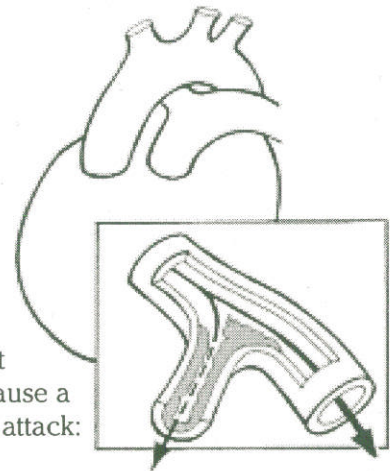


High blood pressure means that the heart is working harder to pump blood. This is unhealthy because the:

heart can get larger

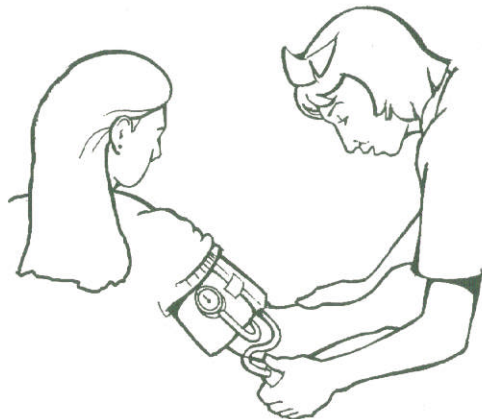


arteries can get blocked and cause a stroke or heart attack:



This can happen if high blood pressure goes untreated.

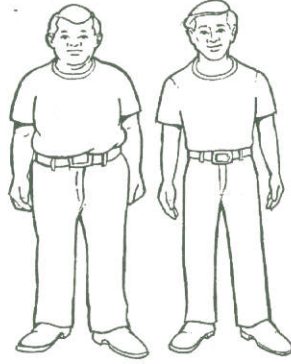
High blood pressure usually has no symptoms. Many people have it and don't know it. The only way to find out is to have your blood pressure checked at the clinic or blood pressure screening program.



HIGH BLOOD PRESSURE

High blood pressure can be controlled. Treatment includes:

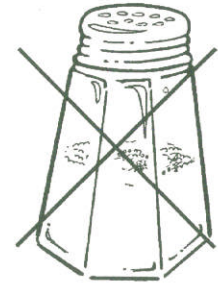
losing weight



quit smoking



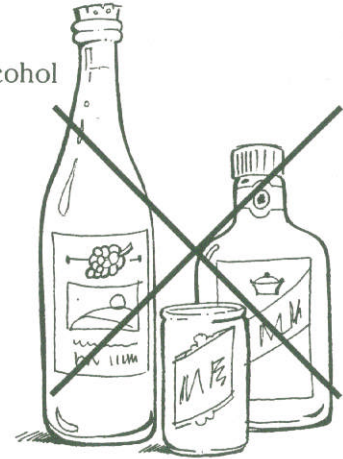
Low-salt, low-fat diet



Exercise



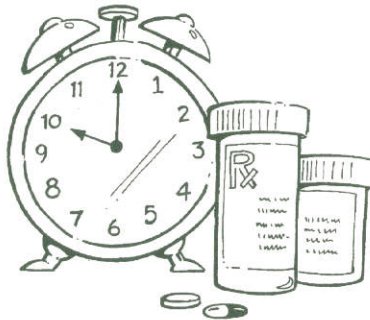
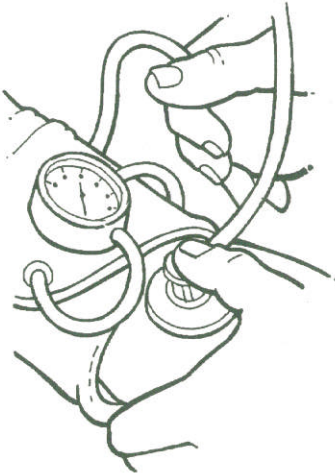
Drink less alcohol



Your doctor may decide you need medicine to control you blood pressure.

Remember:

1. Check you blood pressure regularly.
2. Take your medicine as your doctor orders.
3. If you have high blood pressure, follow you doctor's orders.



You and you doctor must work together to keep your blood pressure under control.