sətoN	Blood Pressure	Date

Control your blood pressure ... FOR LIFE

Uncontrolled high blood pressure can lead to problems such as heart attack, kidney failure and stroke. Your risk increases with a family history of high blood pressure, age and unhealthy lifestyle choices.

- Know your blood pressure numbers. Normal blood pressure is 120/80 or less. Follow up with a health-care provider if your numbers are greater than 120/80.
- Keep a written record of your blood pressure and share it with your health-care provider at every visit.

- Take blood pressure medication as prescribed and follow your health-care provider's advice. If you are concerned about side effects, ask your doctor about new effective medications which have few or no side effects.
- To lower blood pressure, make lifestyle changes now!
 - Eat fewer foods high in salt and sodium and using less table salt.
 - Eat more fruits and vegetables, whole grains and low fat dairy foods.

 Be physically active at least 150 minutes each week for adults and 60 minutes every day for children.

Notes

- Ouit tobacco.
- If you choose to drink, limit alcohol intake to 1 drink/day or less for women and 2 drinks/day or less for men.
- Maintain a healthy weight.

For more information contact:

Alaska Department of Health and Social Services Heart Disease and Stroke Prevention Program 1-888-465-3140 www.takeheart.alaska.gov

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