

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 your blood pressure, make lifestyle changes now!
 - *Eating fewer foods high in salt and sodium and using less table salt.*
 - *Eating more fruits and vegetables, whole grains and low fat dairy foods.*
 - *Being physically active for at least 30 minutes on most days of the week.*
 - *Quitting tobacco.*
 - *Limiting alcohol intake to 1 drink/day or less for women and 2 drinks/day or less for men.*
 - *Maintaining a healthy weight.*

For more information contact:

Alaska Department of Health & Social Services, Cardiovascular Health Program

1-888-465-3140

www.takeheart.alaska.gov

Take Heart
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