

*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 Heart
Alaska**

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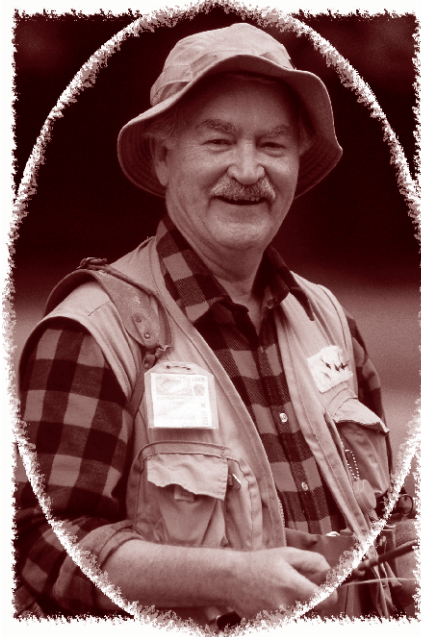
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▶ Take blood pressure medication as prescribed and follow your health-care provider's advice. If you are concerned about side effects, ask your doctor about new effective medications which have few or no side effects.

▶ 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 20 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.*

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For more information contact:

Alaska Department of Health
& Social Services
Cardiovascular Health Program
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www.takeheart.alaska.gov

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