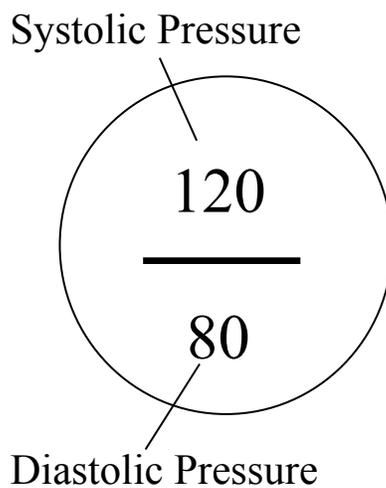


Don't let high blood pressure sneak up on you: Know the facts



High Blood Pressure also known as **Hypertension** is often called the *silent killer* for it usually has no symptoms. It can be prevented from creeping up on you with regular checkups. Uncontrolled high blood pressure can lead to strokes, kidney disease, heart attacks and other problems.

If your pressure is:	Then:
Less than 120/80	Your blood pressure is normal
Between 120/80 and 139/89	You're at risk for high blood pressure. Lifestyle changes may help.
140/90 and above	Your blood pressure is high



Controllable Risk Factors	Risk Factors You Can't Control
Stop or quit smoking (call the Tobacco helpline) (1-800-QUIT-NOW (1-800-784-8669)	Ethnicity (African Americans are at an increased risk)
Consume more fruits and vegetables in replace of fatty foods	Age (blood pressure tends to rise with age)
Engage in some form of physical activity on a regular basis (helps reduce stress as well)	Family history
Use spices to flavor food instead of salt	Gender



References : American Heart Associations website at www.heart.org or call toll free at 1-800-AHA-USA-1 (1-800-242-8721). For questions about high blood pressure consult your medical provider. July 2015