

Understanding High Blood Pressure

Risks, Signs, Healthy Lifestyle Tips

The chance of having high blood pressure increases as you get older.



Lifestyle changes can help prevent and lower high blood pressure. Changes can include:

- **Take blood pressure medicine.**
- **Exercising at least 20 minutes a day.**
- **Eating meat, fruit and vegetables.**
- **Limit use of salt.**
- **Drinking less alcohol.**
- **Saying no to smoking or quitting smoking.**
- **Sleeping for 8 hours per day and managing stress.**

High blood pressure can lead to:

- **Heart disease**
- **Kidney disease**
- **Stroke**
- **Eye problems**

High blood pressure often has no signs or symptoms, but attend your yearly check-up with your doctor.

For more information on high blood pressure, visit bit.ly/4cm7XIH.

Checking your blood pressure at home can be beneficial to your health!



Lifestyle Tips to Lower Blood Pressure

High blood pressure can lead to: heart disease, kidney disease, stroke, and eye problems

To prevent and lower high blood pressure, lifestyle changes include:

- Take your blood pressure medicine.
- Exercise 20 minutes a day.
- Limit the amount of salt.
- Drink less alcohol.
- Saying no to smoking or quitting smoking
- Sleeping for 8 hours per day and managing stress

Risks for high blood pressure include:

- Age
- Family history
- Substance abuse
- Increase weight
- Health conditions



High blood pressure often has no signs or symptoms. Continue to check-in with your doctor and monitor your blood pressure.



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