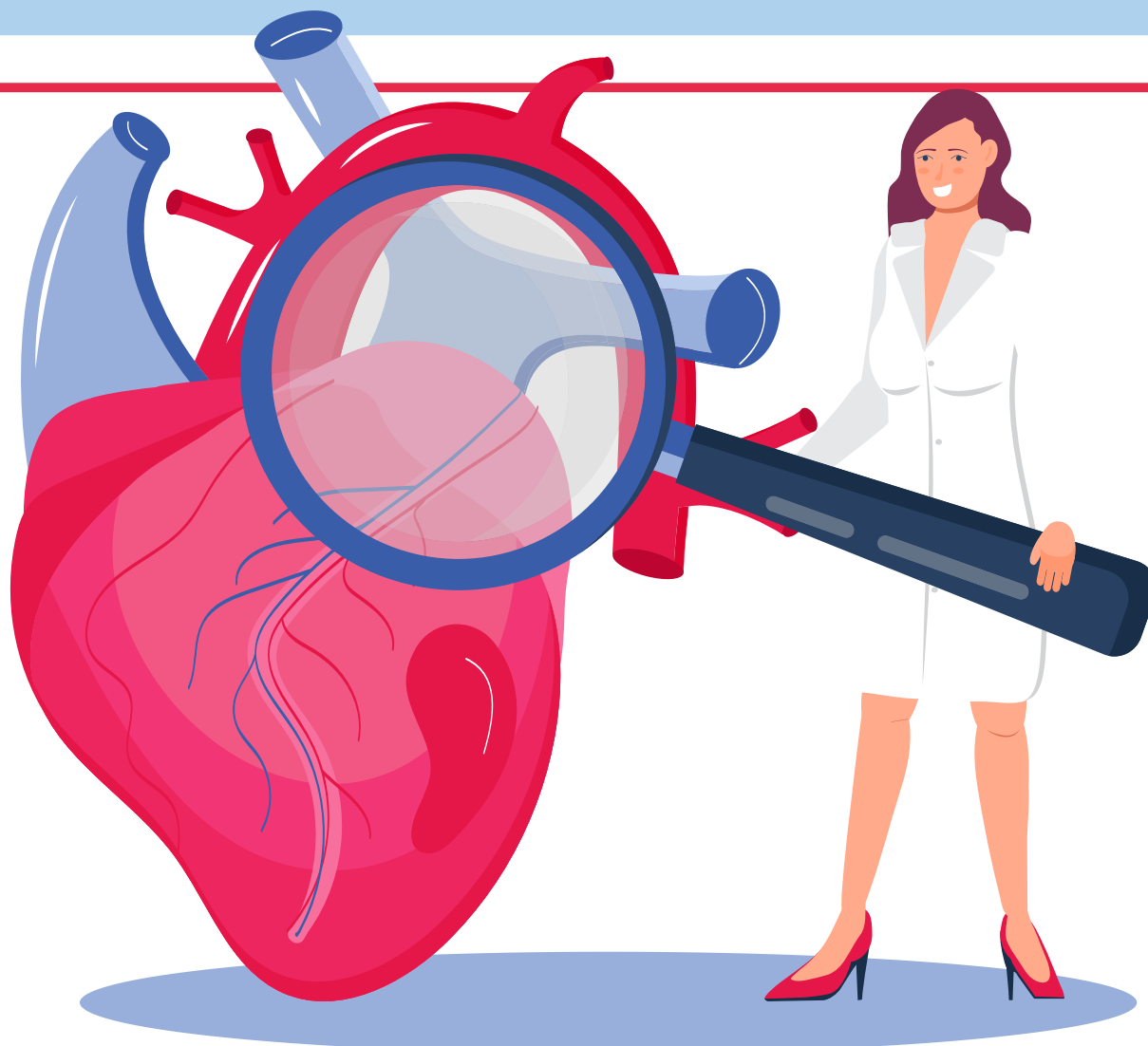




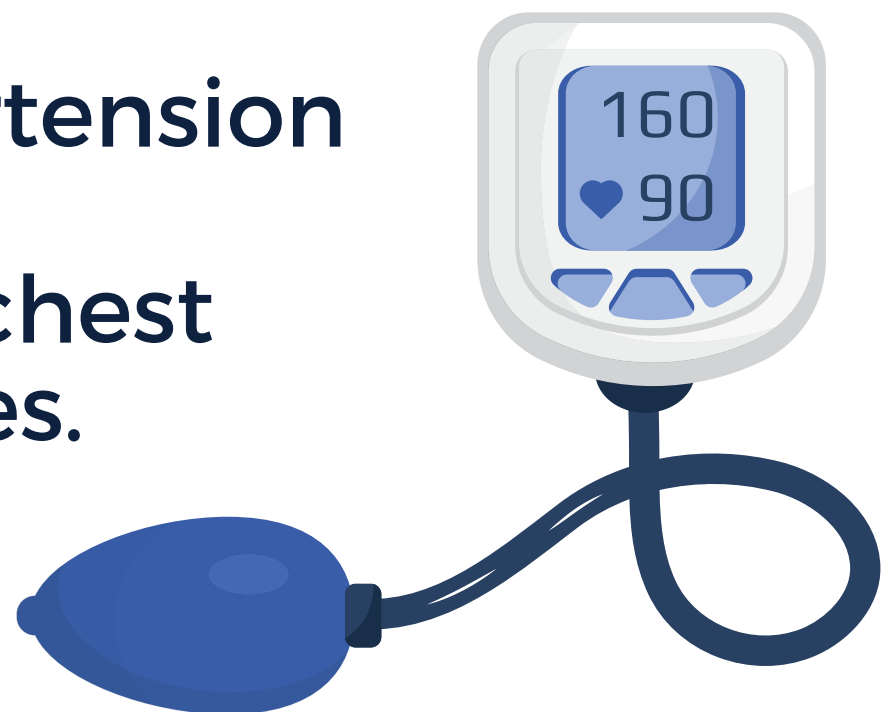
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# Hypertension



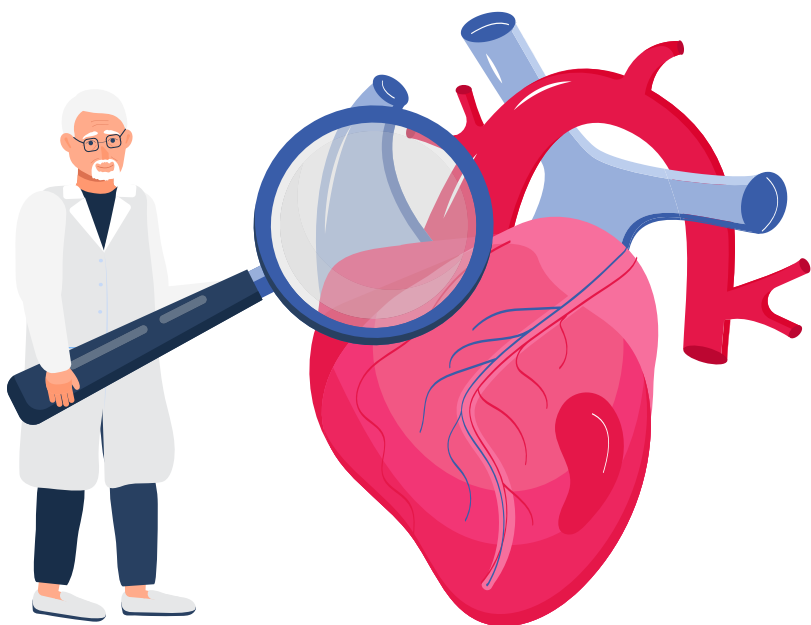
# What is Hypertension?

Hypertension is also known as high blood pressure. People experiencing hypertension may feel dizzy or lightheaded, have chest pain, and headaches.



# Hypertension & Chronic Disease

Because hypertension makes it harder for the heart to pump blood, having high blood pressure increases the risk of chronic heart disease and stroke.



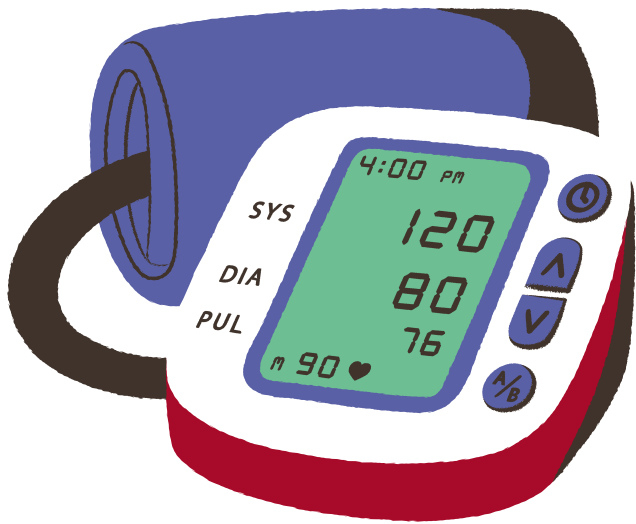
Treatment can reduce the risk for these chronic diseases.

# How can we regulate blood pressure?

1. Exercise regularly
2. Reduce sodium in your diet
3. Increase potassium in your diet
4. Limit your alcohol consumption
5. Reduce stress



# Tips for Self Monitoring your Blood Pressure

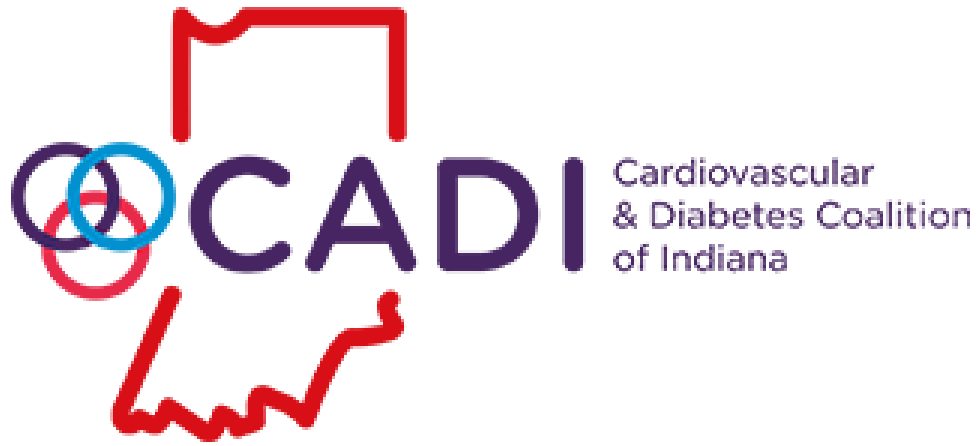


- 1** Take your blood pressure at the same time every day.
- 2** Avoid smoking, caffeine, and cold temperatures. These can raise your blood pressure naturally and give an inaccurate reading!

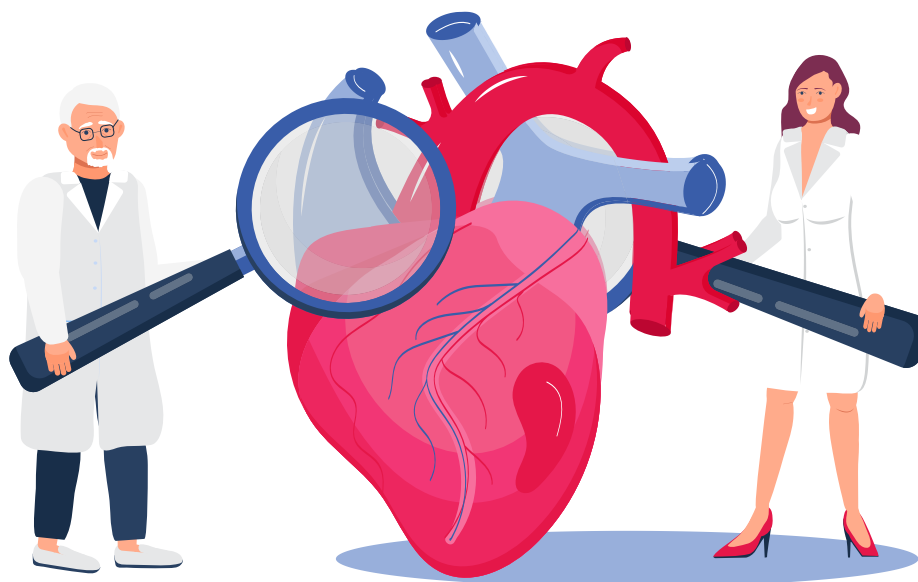
# When should you see a doctor about Hypertension?

You should see a doctor about high blood pressure if your reading is 140/90 or greater, or if you usually have normal BP but it goes over 120/80 multiple times.





**Thanks for  
reading!**



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