



You're in control

You can do a lot to prevent high blood pressure



High blood pressure can damage your body even if it doesn't cause any symptoms.¹ That's why it is so important to have your blood pressure checked regularly. Talk to your doctor about your risk factors, and whether your blood pressure is healthy.

What you can do to control your blood pressure

Because high blood pressure is so common, all of us should pay attention to our blood pressure numbers and try to keep them low. Here's how:²

- Have your blood pressure checked regularly, and know what's normal for you.
- Get to or stay at a healthy weight.
- Exercise at least 150 minutes each week.
- Be careful not to eat too much salt — ask your doctor how much sodium is safe for you.³
- Don't use tobacco products.
- Avoid saturated fat.
- Limit alcohol.



Sources

¹ National Heart, Lung, and Blood Institute website: What Is High Blood Pressure? (accessed November 2014): nhlbi.nih.gov/health/health-topics/topics/hbp.

² Centers for Disease Control and Prevention website: Preventing High Blood Pressure: Healthy Living Habits (accessed November 2014): cdc.gov/bloodpressure/healthy_living.htm

³ Centers for Disease Control and Prevention website: Most Americans Should Consume Less Sodium (accessed November 2014): cdc.gov/salt/index.htm

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