



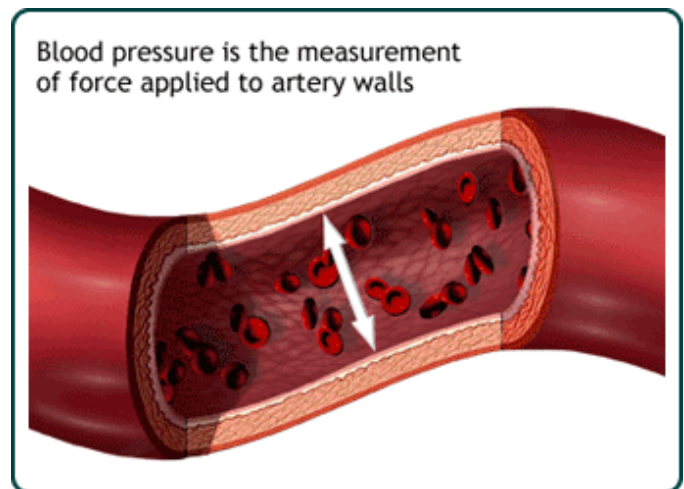
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Quality Medical Care in the Comfort of Your Home

High Blood Pressure Prevention Program

Problem: High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke.

About 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. Only about half (54%) of these people have their high blood pressure under control. High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart and brain.



About High Blood Pressure: Blood pressure is the force of blood pushing against the walls of your arteries, which carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day. But if it stays high for a long time, it can damage your heart and lead to health problems. High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the United States.

Signs and Symptoms: High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it. That’s why it is important to check your blood pressure regularly. The good news is that you can take steps to prevent high blood pressure or to control it if your blood pressure is already high.

Risk Factors: Risk factors include health conditions, lifestyle, and family history.

Prevention: By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke.

- A healthy lifestyle includes: Eating a healthy diet, maintaining a healthy weight, getting enough physical activity, not smoking, and limiting alcohol use.
- Healthy Diet includes: Choosing healthful meal and snack options, and plenty of fresh fruits and vegetables.
- Eating foods low in salt (sodium) and high in potassium can lower your blood pressure.
- Some of the risk factors for high blood pressure cannot be controlled, such as age or family history. But you can take steps to lower your risk by changing the factors you can control.

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