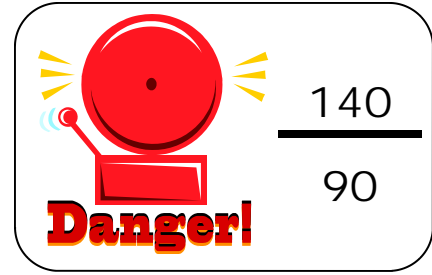


How Can I Prevent a Stroke? Check Your Blood Pressure!



May 2008

High Blood Pressure...

means that the pressure in your arteries is consistently above the normal range. It can lead to stroke, heart attack or kidney failure.

10 Ways to Control Your High Blood Pressure

1. Know your blood pressure. Have it checked regularly.
2. Know what your weight should be. Keep it at or below that level.
3. Avoid salty foods. Don't use too much salt in cooking or at meals.
4. Eat a diet rich in fruits, vegetables, and whole-grain high-fiber foods according to American Heart Association recommendations.
5. Control alcohol intake. Don't have more than one drink a day if you're a woman or two a day if you're a man.
6. Take your blood pressure medicine exactly as prescribed. Don't run out of pills even for a single day.
7. Keep appointments with the doctor.
8. Get regular exercise according to your doctor's instructions.
9. Live a normal life in every other way.
10. Make sure all family members have their blood pressure checked regularly.



*Information taken from the American Heart Association and American Stroke Association. 2008
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