

# High Blood Pressure

## The “Silent Killer”

**High blood pressure (also called hypertension) puts you at risk for cardiovascular events such as:**

- o Heart Attack
- o Stroke
- o Heart Failure
- o Kidney Disease

**Do you have any of the following risk factors for hypertension?**

- o Cigarette Smoking
- o Obesity
- o Physical Inactivity
- o Dyslipidemia (High Cholesterol)
- o Diabetes Mellitus
- o MicroAlbuminuria (Protein in Urine)
- o Age (older than 55 for men, 65 for women)
- o Family history of Premature Cardiovascular Disease (under the ages listed above)

**It's important to control your blood pressure with the help of your doctor to less than 120/80mmHg.**

**Make sure you are being treated if you have high blood pressure.**

- o Getting your refills on time ensures effectiveness of the medications.

**Some risk factors can't be changed while you can change others. Here are some things you can do to lower your blood pressure or to prevent high blood pressure:**

- o Quit smoking
- o Lose weight
- o Eat a proper diet rich in fruits, vegetables, low fat dairy with reduced saturated and total fat contents
- o Limit salt intake to no more than 2.4 g sodium or 6 g sodium chloride
- o Exercise at least 30 min per day for most days of the week
- o Moderation of alcohol consumption to no more than 2 drinks per day for men and 1 drink per day in women

**Remember, high blood pressure is known as the silent killer. Even if you don't feel sick treating high blood pressure is important to minimize your risk for cardiovascular disease and you can help!**

