Date	Blood Pressure	Notes

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Control your blood pressure . . . FOR LIFE

Uncontrolled high blood pressure can lead to problems such as heart attack, kidney failure and stroke. Your risk increases with a family history of high blood pressure, age and unhealthy lifestyle choices.

- Know your blood pressure numbers. Normal blood pressure is 120/80 or less. Follow up with a health-care provider if your numbers are greater than 120/80.
- Keep a written record of your blood pressure and share it with your health-care provider at every visit.
- Take blood pressure medication as prescribed and follow your health-care provider's advice. If you are concerned about side effects, ask your doctor about new effective medications which have few or no side effects.
- To lower blood pressure, make lifestyle changes now!
  - Eat fewer foods high in salt and sodium and using less table salt.
  - Eat more fruits and vegetables, whole grains and low fat dairy foods.
  - Be physically active at least 150 minutes each week for adults and 60 minutes every day for children.
  - Quit tobacco.
  - If you choose to drink, limit alcohol intake to 1 drink/day or less for women and 2 drinks/day or less for men.
  - Maintain a healthy weight.

For more information contact:

Alaska Department of Health and Social Services
Heart Disease and Stroke Prevention Program
1-888-465-3140
www.takeheart.alaska.gov

Control your
Blood Pressure *For Life*

Take Heart Alaska

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