Life Is a Treasure.
Control Your Blood Pressure

Why is high blood pressure dangerous?

High blood pressure—also called hypertension—is known as the “silent killer” because it often has no symptoms. If not treated, high blood pressure raises your chances of

• Stroke.
• Heart attack.
• Kidney problems.
• Eye problems.
• Death.

What do your blood pressure numbers mean?

PRE-HYPERTENSION
You are more likely to end up with high blood pressure.

NORMAL

HIGH

120/80
140/90

Have your blood pressure checked often (at the doctor’s office or local pharmacy).

Source: Translated from “Keep the Beat: Control Your High Blood Pressure” at http://www.nhlbi.nih.gov/health/public/heart/other/latino/hbp/bloodpressure.pdf (Accessed 03/3/2014). National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. (Note: The NHLBI is not responsible for this document or any error it may contain. “Keep the Beat” was modified in format but not in content or conclusions. The pictorial presentation of “What Do Your Blood Pressure Numbers Mean” was created based on information in the above document.)
Season foods with herbs and spices like garlic, hot pepper, cilantro, and onion instead of salt.

Eat more fruits and vegetables instead of salty snacks.

Get 30 to 60 minutes of moderate physical activity on most days.

Stop smoking. Limit alcohol.

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