

How's your BP?

What you don't know CAN hurt you.

Do you have high blood pressure?

Because there are typically no symptoms or pain, many people have high blood pressure and never even know it. But that doesn't make it any less dangerous. If left untreated, high blood pressure can take 10 to 20 years off your life, on average! It can lead to:

- Cardiovascular disease
- Kidney disease
- Dementia
- Congestive heart failure

Fortunately, high blood pressure is highly treatable for most people!

There are a number of fairly simple things you can do to effectively bring your pressure down to a normal and safe level. You can:

- Reduce your weight
- Cut down on salt intake
- Increase physical activity
- Manage your stress
- Control your tobacco use
- See your doctor and get on blood pressure medicine, which can be highly effective.



PEBTF

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