

# YES, YOU CAN CONTROL YOUR BLOOD PRESSURE!

**BEFORE** using this advice, talk to your healthcare provider.

## Change your eating habits, for example:

- ✓ Eat fruits, vegetables, and grains.
- ✓ Eat less salty and fatty foods.
- ✓ Limit alcohol use.  
Men: 2 drinks or less per day  
Women: 1 drink or less per day

## If you take medication:

- ✓ Take your medication as you were told.
- ✓ Talk to your healthcare provider before you stop any medication.

## Add exercise to your day:

- ✓ Exercise 30 minutes most days of the week.
- ✓ Keep yourself at a healthy weight.
- ✓ Do not smoke.

Foods with salt increase blood pressure.  
Check the food label and do not add salt.

## Ask Your Healthcare Provider:

- ✓ Am I at risk for high blood pressure?
- ✓ What is a healthy blood pressure for me?
- ✓ What is a healthy weight for me?

*Write your questions down before you go into the office.*



Get your blood pressure checked often and eat foods that will help lower your blood pressure. Always ask your healthcare provider questions to make sure you understand how to control your blood pressure.

# HIGH BLOOD PRESSURE

(Hypertension)

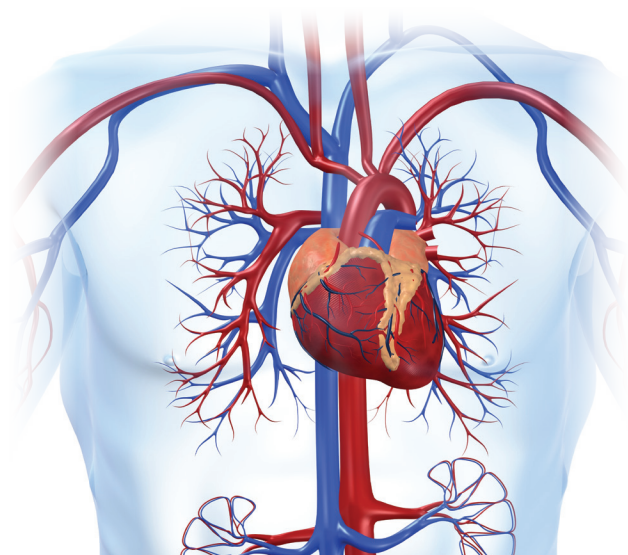


## What can you do to control high blood pressure?



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## What is blood pressure?

The heart pumps blood through the body using **arteries**.

When the heart beats, arteries are carrying blood to the body.

The body sends blood back to the heart through veins.

**Blood pressure** is the force of the blood pushing against the inside of the artery.

## Why does it become “high” blood pressure?

**High blood pressure** means that the blood is pushing too hard against the inside of the arteries.

High blood pressure happens when the arteries become too hard, too narrow, or full of extra fluid.

Healthy Artery



Unhealthy Artery



The heart works harder when the artery is narrow. This causes high blood pressure.

## What the numbers mean:

**Top number (Systolic):** Measures when the heart pumps blood.

**Bottom number (Diastolic):** Measures when the heart is resting between pumps.

## Why is high blood pressure dangerous?

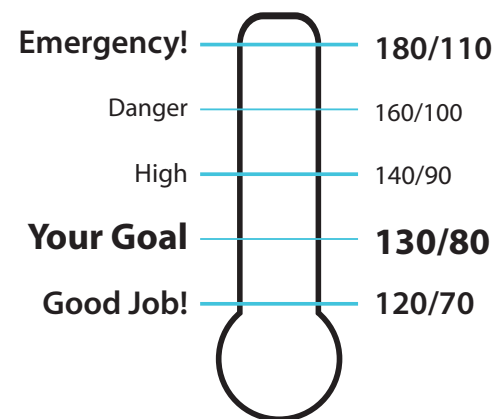
**High Blood Pressure can lead to:**

- Heart Attack
- Stroke
- Blindness
- Kidney Damage
- Erection Problems

**If you have diabetes, high blood pressure increases your chance of heart attack, stroke, and kidney damage.**

## Have YOU reached your BLOOD PRESSURE GOAL?

### Hypertension (High Blood Pressure)



## Are you at risk for high blood pressure?

**You CANNOT change:**

- Family History (Hereditary)
- Age: men over 45; women over 55
- Race: African Americans have a greater risk

**You CAN change:**

- Obesity
- Eating habits
- Alcohol use (drink less)
- Exercise habits
- Tobacco use