

DO YOU HAVE HIGH BLOOD PRESSURE?

High blood pressure can cause heart disease, stroke, kidney disease, blindness and even lead to death.

Luckily, high blood pressure is easy to identify through screening, and relatively easy to treat. Experts recommend that **adults over the age of 18** get screened periodically for high blood pressure. If you haven't been screened lately, talk to your doctor about it.

If you have high blood pressure:

- Make sure you follow up with your doctor to develop a treatment plan. Not addressing high blood pressure can lead to the serious health issues listed above.
- If your doctor prescribes medication, take it according to your doctor's instructions.
- Work on lifestyle changes, such as eating healthier, being physically active, reducing stress and stopping tobacco use. Developing these healthy habits can help you lower your high blood pressure.

Even if you don't have high blood pressure now, it's important to continue getting screened periodically and strive to **lower your risk factors**. That means eating nutritiously, getting regular physical activity, lowering your stress level and quitting smoking.

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