High Blood Pressure, or hypertension, in its early stages has no symptoms, but can shorten life if left uncontrolled.

## High Blood Pressure:

**RIGHT** 

B.P.

LEFT

**9.8** 

**3TAQ** 

- causes hardening of the arteries.
- is a major cause of crippling through heart attacks and stroke.
- is a factor in disorders of the kidneys, eyes, and the nervous system.

High Blood Pressure is one of the easiest conditions to diagnose and treat; but the only way to find out if you have it is to have your blood pressure checked at least once a year.

## **TEN COMMANDMENTS**

For the Patient with High Blood Pressure:

- 1. Know your blood pressure. Have it checked regularly.
- Know what your weight should be. Keep it at that level or below.
- 3. Don't use excessive salt in cooking or at meals; avoid salty foods.
- 4. Eat a low-fat diet according to American Heart Association recommendations.
- Don't smoke.
- 6. Take your medication exactly as prescribed; don't run out—even for a day.
- 7. Keep your appointments with the Doctor.
- 8. Follow your Doctor's advice about exercise.
- 9. Live a normal life in every way.
- Make certain your parents, brothers, sisters, and children have their blood pressure checked regularly.



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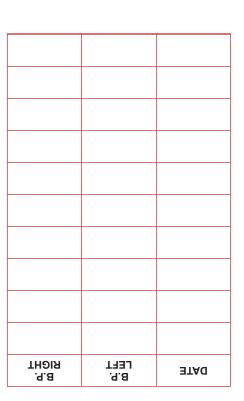


**Quality Healthcare for Every Generation** 

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## BLOOD PRESSURE MONITORING ID CARD

NAME:	
CHART #:	
WEIGHT:	GOAL:



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