

Make Up Your Mind

You can lower your blood pressure by taking small steps each day for a long time. Are you willing to try? Make up your mind.

Steps to Control Blood Pressure

★ Use less salt- on foods and in cooking. Ask about other spices you can use to make food taste good.

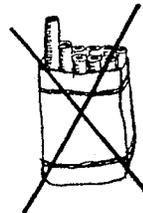


★ Be more physically active. Walk with your family or a friend. You may lower your blood pressure and control the stress in your life.



★ Lose weight, if you are overweight. Exercise will help you do this slowly and safely.

★ Quit smoking. Ask your doctor to help you or join a quit smoking program. Keep trying!



★ Drink less tea and coffee and less soda with caffeine. Drink less alcohol.

It may seem hard to take these steps, especially if you feel fine. If you don't take care of your high blood pressure, you have a high risk of a heart attack or stroke.

Tips for Success

- ♥ Make changes slowly. Pick 1 or 2 steps to try.
- ♥ Set small goals. For example, increase your physical activity by walking for 5 minutes. Add 5 minutes more each week until you can walk ½ hour or more. Try to walk at least 3-4 times each week.
- ♥ Ask for help from family, friends and your doctor. Tell them how they can help you.
- ♥ Reward yourself. 
- ♥ Talk to yourself kindly, especially if you don't follow your plan. We all make mistakes. Try again.

Ask your doctor...

- how often you should have your blood pressure checked.
- how often you should see the doctor for a check up.
- questions when you don't understand the plan to control your high blood pressure.
- for help when you need it.

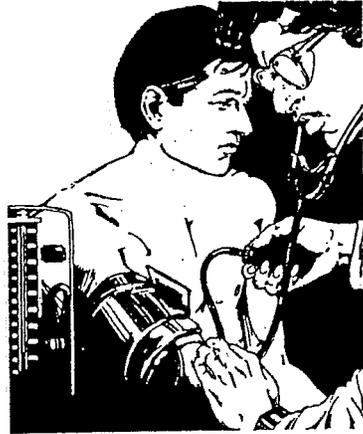


If you can take care of your high blood pressure, you will lower your risk of a heart attack or stroke. It's up to you!

Remember, you can control your high blood pressure.

Check which step you will try first:

- Use less salt
- Be more physically active
- Lose weight
- Quit smoking
- Drink less tea, coffee, soda with caffeine, and less alcohol



My blood pressure is: _____ mmHg

Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
Hypertension			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

If you have any questions, please check with your doctor.

Adapted from "You Can Control Your High Blood Pressure", which was developed with support from the Maine Statewide AHEC System, the University of New England, and the Bingham Program in cooperation with Eastern Maine Medical Center Healthy Heart Program, September 1992.

You Can Control Your High Blood Pressure



Your blood pressure is too high.
 You need to bring it down.
 It takes effort and you can do it.

Here's how.

