

# Know your blood pressure level

High blood pressure is called the silent killer. It often has no signs or symptoms, but when high blood pressure is not controlled it can lead to a heart attack, stroke, or other health problems.

High blood pressure is difficult to detect, so it is important to have your blood pressure checked. This month, make it a point to find out your blood pressure level. If it is not in the normal range, work with a health care professional to bring it under control.

Once you have had your blood pressure checked, fill out the signature page to verify that you know your blood pressure level.

The list below outlines lifestyle behaviors that can help you keep your blood pressure in the normal range. Use the checklist to consider where you are on track and where you need to improve. You may want to talk to your health care provider about lifestyle changes you can make that will help keep your blood pressure in the normal range.

- I eat a healthy diet (including fresh fruits, vegetables, whole grains, legumes, fat-free and low-fat dairy products, lean meats, and fish high in omega-3 fatty acids).
- My diet is not high in sodium (consuming less than 2,300 mg per day is recommended).
- My diet is not too low in potassium (recommended intake is 4,700 mg per day).
- I maintain a healthy weight.
- I exercise regularly.
- I manage my stress level.
- I do not smoke.
- I consume alcohol only in moderation.

