

“ High blood pressure is the biggest risk factor for a stroke and heart attack. ”

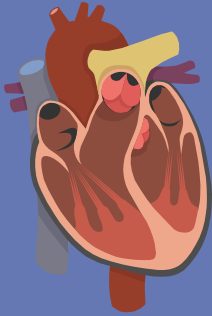
Did you know?



1 in 3 women with high blood pressure does not know she has it.



High blood pressure often has no symptoms. Be sure to get your blood pressure checked regularly.



High Blood Pressure

Although you cannot control all of your risk factors for high blood pressure, you can take steps to prevent or control high blood pressure and its complications.

Tips



Eat a healthy diet with **MORE** fruits, vegetables, potassium rich foods, and whole grains.



Eat a healthy diet with **LESS** sodium, saturated fats, trans fats, and cholesterol.



Quit smoking, limit alcohol and caffeine intake, and get active for at least 2 and a half hours every week.



Did you know?



Heart disease is the leading cause of death among American Indians and Alaska Natives.



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