

3 Things To Know About High Blood Pressure

High blood pressure, or hypertension, is when there is too much pressure or strain on blood vessels. Blood vessels carry nutrients to your whole body.



UCLA

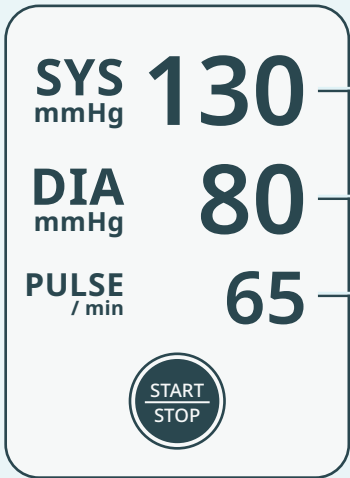
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1

Check your blood pressure to know if it is high

Your healthcare team may be able to help you get a personal blood pressure monitor.



Systolic Blood Pressure Number

Diastolic Blood Pressure Number

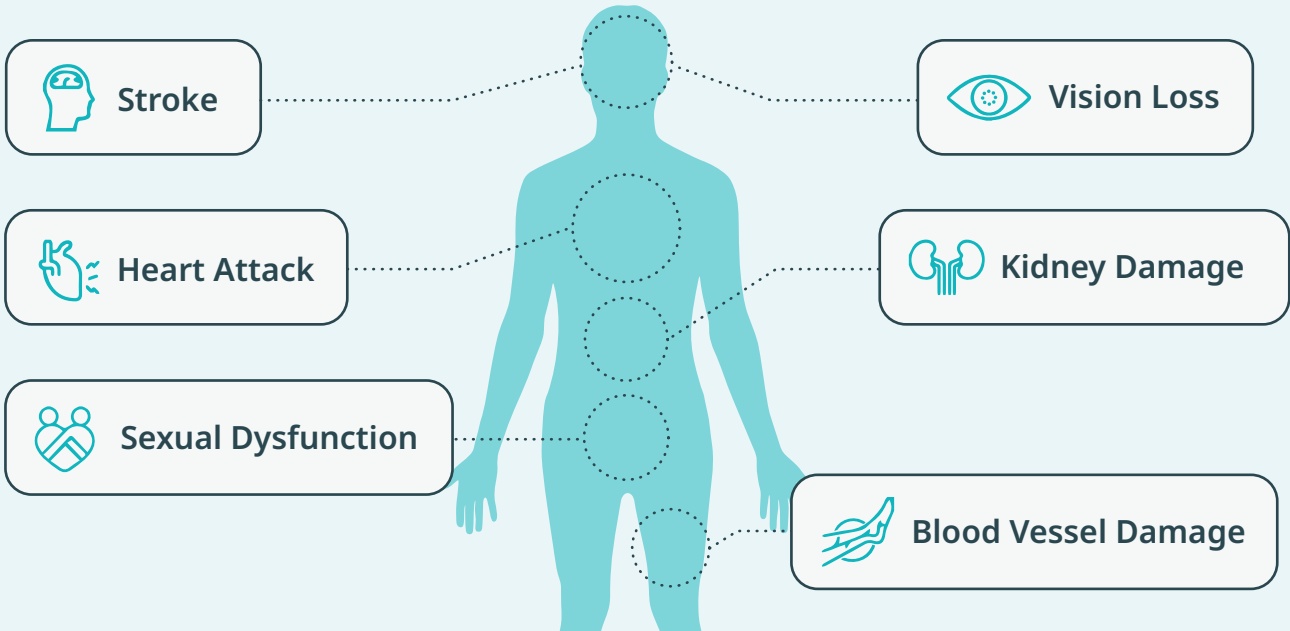
Heart Rate

Ask your doctor about your personal blood pressure goal.



2

Controlling high blood pressure helps prevent serious complications



3

Healthy daily habits and medicines support healthy blood pressure

- Stay Active**
Aim for 3 hours each week
- Eat Less Salt or “Sodium”**
Check nutrition labels. Aim for less than 1 teaspoon or 1,500mg of sodium daily
- Take Medicines as Instructed**
Remember to take medicines by using a pillbox or daily alarm



Ways to Learn More

Contact your doctor’s office for follow-up or blood pressure check.

Ask for patient education resources, like customized handouts and videos.



Scan for resources on high blood pressure

www.bit.ly/lahealth_bp