

Working together

for your health



High Blood Pressure

Knowing pays!

**Why know your blood pressure reading?
Because heart attack, stroke, kidney damage
and sight problems are all risks of high blood
pressure.**

Try these simple steps to stay healthy:

- ▶ If your doctor has prescribed blood pressure reducing medication, take it exactly as directed, and have a check up at least once a year
- ▶ Check the scales and your waistline. Being more than a healthy weight, with most weight around your waistline, are risks you can avoid
- ▶ Plan on exercising. Tell your doctor so you know you're on track
- ▶ Limit those drinks – alcohol accounts for a lot of unnecessary calories
- ▶ Use something other than salt for seasoning

- ▶ Learn healthy eating. Limit the fats from milk, cheese and meat that can clog up your arteries
- ▶ Track your blood pressure regularly, and check in with your doctor about a high reading
- ▶ It's time to stop smoking – the kindest, most important thing you can do for yourself!

Hypertension, or high blood pressure, is when your blood pumps so strongly it puts too much pressure on your artery walls. High BP has no symptoms, making regular blood pressure tests an essential health check.



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When to call the experts

Call your physician, or the BC NurseLine, if

- ▶ Your blood pressure suddenly goes up and is more than 180/110
- ▶ You suddenly get a very severe headache



For more information contact your physician or health care provider.

Want to learn more?

Vast amounts of health information are just a phone call or mouse click away.

Phone: BC NurseLine – 24 hour service

- ▶ Toll-free in BC 1-866-215-4700
- ▶ In Greater Vancouver 604-215-4700
- ▶ Deaf and hearing-impaired 1-866-889-4700

Website: www.fraserhealth.ca is a good starting point. You'll find lots of information and useful links to help you manage high blood pressure.



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