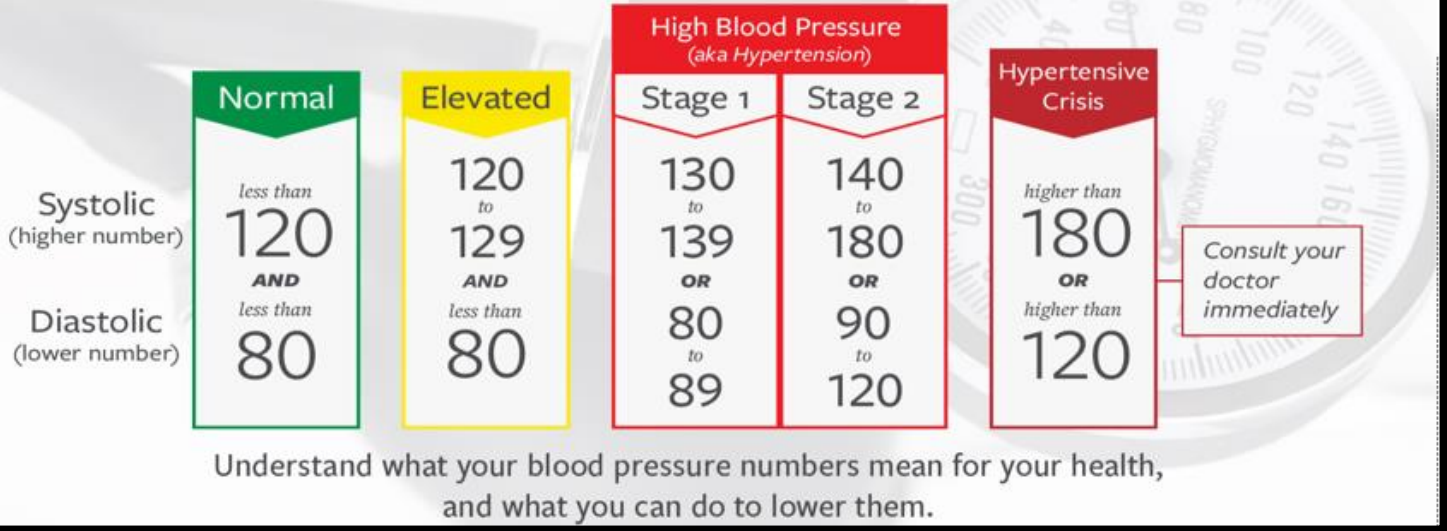


# IS YOUR BLOOD PRESSURE HURTING YOU?



## DO YOU HAVE HIGH BLOOD PRESSURE?



### CONTROLLABLE AND UNCONTROLLABLE RISK FACTORS

CONTROLLABLE	UNCONTROLLABLE
Unhealthy diet	Race/Ethnicity
Alcohol Consumption	Gender
Low vitamin D	Family history
Smoking	Increasing age
Physical inactivity	Gestational hypertension
Stress	
Tobacco Use	
Diabetes	

**128**



Top number (Systolic) indicates the force when your heart contracts and pumps blood

**86**



Bottom number (Diastolic) indicates the force when your heart relaxes and fills with blood

## Stroke – there's treatment if you act FAST.



Over 2,000 Americans die of heart attack or stroke every day – that's one death every 39 seconds



in the U.S. for both men and women is cardiovascular disease.

Over 71 million American adults have diagnosed cardiovascular disease.

About every 40 seconds, someone in the U.S. has a stroke, and every four minutes, someone dies of a stroke.

The Center for Disease Control (CDC) is now showing that women are almost 10 times more likely to die from cardiovascular disease than breast cancer.



Stroke is the leading cause of serious, long-term disability in the U.S.



64% of women and 50% of men who die suddenly of cardiovascular disease have no prior symptoms.

### The Facts about Cardiovascular Disease.

IS YOUR BLOOD PRESSURE HURTING YOU?



## The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet

- Grains**  
6 TO 8 SERVINGS PER DAY
- Fresh Fruits and Vegetables**  
4 TO 5 SERVINGS OF EACH PER DAY
- Lean Protein**  
6 OR LESS SERVINGS PER DAY
- Low-fat Dairy**  
2 TO 3 SERVINGS PER DAY
- Legumes or Nuts/Seeds**  
4 TO 5 SERVINGS PER WEEK
- Fats and Sweets**  
LIMITED

**HYPERTENSION IS A SYMPTOMLESS "SILENT KILLER" THAT QUIETLY DAMAGES BLOOD VESSELS AND LEADS TO SERIOUS HEALTH PROBLEMS**