



You can help make your family and community healthy and strong by taking care of your heart. One way to take care of your heart is by managing your blood pressure.

Your heart pumps blood to your whole body. Blood pressure is how hard the blood pushes against blood vessel walls. High blood pressure makes your heart work harder than it should. High blood pressure means there is too much force against your blood vessels. Most people do not know they have high blood pressure, because there are usually no symptoms. Your doctor/provider can tell you if you have high blood pressure and help you manage it. If you manage your blood pressure, you will have better heart health, brain health, kidney health, and eye health.

ASK YOUR DOCTOR/PROVIDER THESE QUESTIONS

1. What is my blood pressure?
2. What should it be?
3. What can I do to reach this goal?

Talk to your doctor/provider about your blood pressure. Manage your blood pressure for your heart, for your family, and for your community. Protect the circle of life!

TAKE CARE OF YOU AND YOUR FAMILY NOW

- Eat more foods like fruits, vegetables, beans, and whole grains.
- Eat less salt and less fat.
- Eat less fast food.
- Drink water instead of soda pop.
- Get at least 30 minutes of physical activity every day.
- Go for a walk every day.
- Stop smoking – seek help.
- Keep taking your blood pressure medicines the way your doctor/provider tells you to.
- If you have diabetes, manage your blood glucose (sugar).
- Ask your family and friends to help you meet your goals to take care of your heart and blood pressure.

Blood Pressure Record Form

High blood pressure is a serious disease that makes your heart work too hard. Take care of your heart by taking care of your blood pressure. Use this form to keep track of your blood pressure when you visit your doctor/provider. Work with your doctor/provider, friends, and family to reach your goals.

Blood Pressure Goal

Most people - less than 140/90

People with diabetes or kidney disease - less than 130/80

TEST AT EVERY CLINIC VISIT

Blood Pressure Results

Date							
Result							

To manage my blood pressure

I will: _____

