High Blood Pressure, or hypertension, in its early stages has no symptoms, but can shorten life if left uncontrolled.

High Blood Pressure:

- causes hardening of the arteries.
- is a major cause of crippling through heart attacks and stroke.
- is a factor in disorders of the kidneys, eyes, and the nervous system.

High Blood Pressure is one of the easiest conditions to diagnose and treat; but the only way to find out if you have it is to have your blood pressure checked at least once a year.

TEN COMMANDMENTS

For the Patient with High Blood Pressure:

1. Know your blood pressure. Have it checked regularly.
2. Know what your weight should be. Keep it at that level or below.
3. Don't use excessive salt in cooking or at meals; avoid salty foods.
4. Eat a low-fat diet according to American Heart Association recommendations.
5. Don't smoke.
6. Take your medication exactly as prescribed; don't run out—even for a day.
7. Keep your appointments with the Doctor.
8. Follow your Doctor's advice about exercise.
9. Live a normal life in every way.
10. Make certain your parents, brothers, sisters, and children have their blood pressure checked regularly.

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BLOOD PRESSURE MONITORING ID CARD

NAME:_____

CHART #: _____

WEIGHT: _____ GOAL: _____

DATE	B.P. LEFT	B.P. RIGHT

DATE	B.P. LEFT	B.P. RIGHT

DATE	B.P. LEFT	B.P. RIGHT