

STAFF RESOURCES

Keeping Your Blood Pressure in Check

Keeping your blood pressure under control is tremendously important to your overall health. High blood pressure is one of several factors associated with cardiovascular disease, the No. 1 killer of men and women in the United States. High blood pressure can cause heart attack, stroke, kidney damage and blindness if left unchecked. It can go without symptoms for years, which is why regular blood pressure checks are important.

Risk Factors

Certain groups are at a greater risk of developing high blood pressure:

- People with a family history of high blood pressure
- African-Americans
- Individuals who smoke or consume large amounts of alcohol and salt
- Older adults
- Individuals who are overweight
- Diabetics
- People who are physically inactive

Bringing It Down

While anyone can develop high blood pressure, a healthy lifestyle can help keep it under control. There are many things you can do to lower high blood pressure on your own:

- Keep your diet low in fat
- Reduce your salt intake
- Quit smoking
- Limit your alcohol consumption
- Exercise regularly
- Maintain a healthy weight
- Learn to manage stress

(Your doctor may prescribe medication if your high blood pressure does not respond to lifestyle changes alone.)

High blood pressure is often called “the silent killer.” Often, there are no symptoms until a major problem develops. It is important to see your physician for regular checkups, as these visits could save your life. Your doctor can help you prevent high blood pressure or treat it at an earlier, more manageable stage. If you have not had a physical exam (including a blood pressure check) in some time, make an appointment to see your doctor.



MISSOURI DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION
P.O. Box 480; Jefferson City, MO 65102-0480 • Phone: (573) 751-4427

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