



DO YOU HAVE ANY OF THESE RISK FACTORS FOR HIGH BLOOD PRESSURE?

- Family history of high blood pressure, heart disease or stroke
- African-American race
- Overweight
- Smoking
- A lot of salt in your diet (*packaged foods are especially high in salt*)
- Alcohol (*more than 1 or 2 drinks per day*)
- Little or no exercise
- Pregnancy

If you do, ask your doctor what your blood pressure numbers mean for you and how to lower your blood pressure if it is too high.