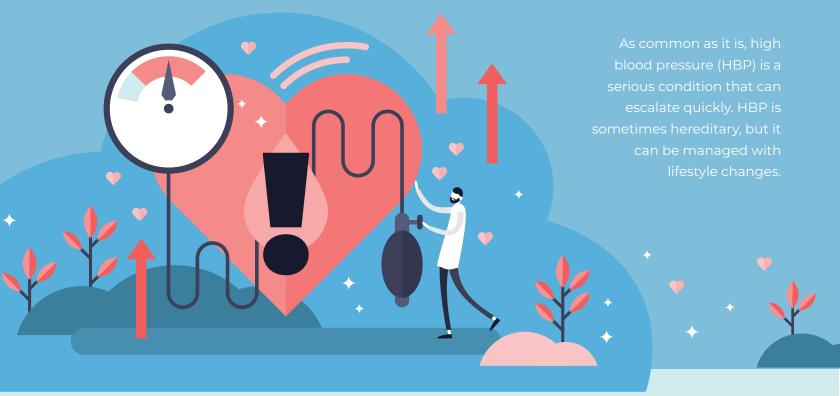
HIGH BLOOD PRESSURE

The Risks and Remedies



THE **RISKS**

- Causes damage to arteries, which reduces blood flow
- ► Leads to irregular heart rhythms, chest pain or even heart attacks
- Causes dementia from blocked arteries that supply blood to the brain
- Leads to kidney disease or failure (Approximately 1 out of 5 adults with HBP have chronic kidney disease)

THE REMEDIES

- ▶ Eat a healthy diet
- ▶ Exercise regularly
- ▶ Cut back on caffeine
- ▶ Limit sodium intake
- ▶ Reduce stress
- Quit smoking
- Monitor blood pressure at home and see your doctor regularly
- Get support from family and friends

