

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

High Blood Pressure

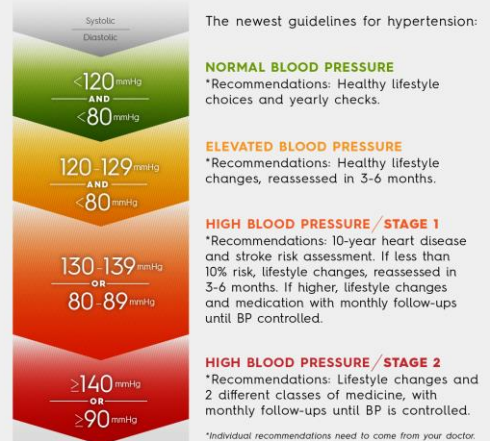
- High blood pressure, sometimes called "the silent killer," often doesn't cause signs of illness that you can see or feel
- High blood pressure affects nearly half of all adults
- As you get older your vascular system changes, which increases your risk of high blood pressure
- If high blood pressure isn't controlled with lifestyle changes and medication, it can lead to serious health problems, including cardiovascular disease (such as heart disease and stroke), vascular dementia, eye problems, and kidney disease.

Controlling blood pressure through lifestyle:

- Aim for a healthy weight
- Exercise
- Eat a heart-healthy diet
- Cut down on salt
- Drink less alcohol
- Don't smoke
- Get a good night's sleep
- Manage stress

KNOW YOUR BLOOD PRESSURE —AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS



*Individual recommendations need to come from your doctor.
Source: American Heart Association's journal Hypertension
Published Nov. 15, 2017

What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



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Source: NIH

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