

MESSAGES ABOUT HIGH BLOOD PRESSURE FOR CONSUMERS

Get your blood pressure under control. Your life depends on it.

If you have high blood pressure, you're at risk for heart attack and stroke. You can reduce your risks by knowing and controlling your blood pressure.

- Get your blood pressure checked and then monitor it regularly.
- Eat a healthy diet, be physically active, don't smoke, and maintain a healthy weight. For more about what you can do, take [My Life Check](#).
- Take your medications as prescribed to control your blood pressure and reduce your risk of heart attack and stroke.
- If you have trouble with side effects, talk to your health care professional about other medications you can try.
- Take a moment to talk with a health care professional (a doctor, nurse, pharmacist, or community health worker) about your blood pressure. He or she can dispense advice, not just medicine.

Get involved and share your commitment to help prevent 1 million heart attacks and strokes in the next five years by taking the Million Hearts™ pledge:

<http://millionhearts.hhs.gov>.

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