

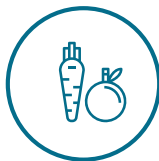


# protect YOUR HEART

DIVISION OF GLOBAL HEALTH PROTECTION

WORLD HYPERTENSION DAY | MAY 17<sup>TH</sup>

LIFESTYLE CHANGES can help prevent high blood pressure:



Maintain a healthy diet



Avoid harmful use of alcohol



Be physically active



Eliminate exposure to tobacco smoke

## Know Your Numbers

High blood pressure is **THE LEADING RISK FACTOR** for heart disease but often has no symptoms.

The best way to know if you have high blood pressure is to get your blood pressure checked **REGULARLY!**

