



# Protect your Heart

WORLD HYPERTENSION DAY | MAY 17TH

**LIFESTYLE CHANGES** can help prevent high blood pressure:



Maintain a healthy diet



Be physically active



Avoid harmful use of alcohol



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!



Learn more at [www.cdc.gov/globalhealth](http://www.cdc.gov/globalhealth)