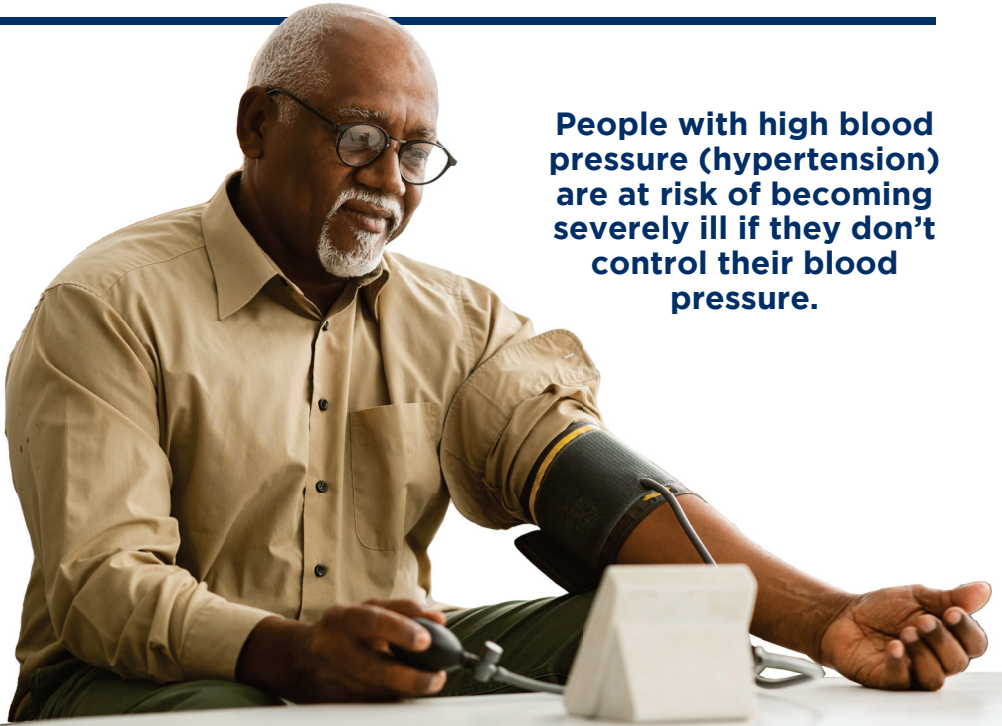


HYPERTENSION

People with high blood pressure (hypertension) are at risk of becoming severely ill if they don't control their blood pressure.



Control high blood pressure by sticking to the following lifestyle changes:

- Take your chronic medication as prescribed and make sure to have at least a two-week supply on hand.
- Eat healthy, with plenty of vegetables, fruits, and whole grains. Choose non-fat dairy and lean meats.
- Exercise regularly and consistently as it lowers blood pressure and helps with stress and weight loss.
- Decrease salt intake in your diet.
- If you are obese, lose weight as it reduces your blood pressure.
- Quit smoking Tobacco. Cigarettes and tobacco cause blood pressure to rise and plaque to build up quickly in your arteries.
- Manage stress in healthy ways and consider deep breathing or meditation techniques.
- Limit alcohol intake.



**PLATINUM
HEALTH**

If you are concerned about your health talk to a Platinum Health Healthcare Provider for guidance.