

High blood pressure?

“I'm just not feeling it.”



Know your numbers.

My doctor says my blood pressure is too high. But I feel fine.

My doctor says what I don't feel can hurt me the most. Over time, high blood pressure takes a huge toll on my body in ways I don't feel or see. It can hurt my kidneys, cause blindness and even affect my lungs and other organs. Plus high blood pressure is the number one cause of stroke and heart disease.

Now I monitor my blood pressure and keep it under control...no matter how I feel on the outside.

One in three Americans has high blood pressure, but only half of them have it under control. Take steps to control your blood pressure:

- Check your blood pressure at home, at a pharmacy, or a doctor's office.
- Talk to your pharmacist or health care professional about what your numbers mean and for tips to remember medications. Take medications as prescribed.
- If you smoke, quit. Call the Maryland Tobacco Quit-line (1-800-QUITNOW) or visit www.smokefree.gov for help.



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