

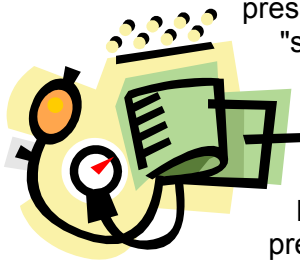
# Health Safety

City of Lockport Fire Department

## *HIGH BLOOD PRESSURE*

In 1995, high blood pressure killed 39,981 Americans and contributed to the death of about 190,000 more. It is a major risk factor for heart disease and stroke.

Also known as hypertension, high blood pressure is often called the "silent killer" because in most cases, it has no warning signs. That's why it is vitally important to have your blood pressure checked regularly, follow your doctor's instructions, and to stay on your medication and take it as prescribed.



### **THE FOLLOWING DIETARY AND LIFESTYLE CHOICES CAN HELP CONTROL YOUR BLOOD PRESSURE**

- ♥ Reduce your weight to ideal levels for your height.
- ♥ Decrease your sodium intake to less than 2000 milligrams a day.
- ♥ Make sure your diet is rich in fruits and vegetables.
- ♥ Exercise regularly.
- ♥ Be moderate in drinking alcohol.
- ♥ Reduce stress on and off the job.
- ♥ If you smoke, STOP.

#### ➤ **REMEMBER**

Have your blood pressure checked regularly. The blood pressure reading you have today may not be the one you have six months from now.