

Prevent and Control America's High Blood Pressure: **MISSION POSSIBLE**



National Heart, Lung, and Blood Institute

National High Blood Pressure
Education Program



Take action now to prevent and
control high blood pressure.

It can help you avoid a stroke, heart attack,
heart failure, kidney disease, and blindness.

For more information, talk to your doctor
or go to

<http://www.nhlbi.nih.gov/hbp/index.html>