

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. Get active, eat more fruits and vegetables, reduce your salt intake, and don't drink too much alcohol.

This 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>