



# KNOW YOUR NUMBERS

SYSTOLIC

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DIASTOLIC

- Normal.** Keep up the good work!
- Elevated.** Adopt lifestyle changes.
- High.** See your primary care physician.

## HEALTHY HABITS FOR LOWER BLOOD PRESSURE



Choose fresh foods  
low in salt and sugar



Exercise regularly



Maintain a healthy weight



Reduce stress, sleep well



Take your medication



Limit alcohol



Cut back on caffeine



Quit tobacco

1-800-QUIT-NOW (1-800-784-8669)



Ask your dentist to check  
your blood pressure

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