

## Important Information

# 10 ways to control your high blood pressure

For effective control of high blood pressure it is strongly advised to follow the recommendations and instructions of your doctor.

1. Have your blood pressure checked regularly.
2. Keep your weight at the recommended level or below.
3. Avoid salty food.
4. Eat a low-fat diet.
5. Do not smoke cigarettes, do not use other tobacco products.
6. Take your medicine as prescribed.
7. Keep appointments with your doctor.
8. Be physically active and exercise regularly.
9. Take care of your family: make certain their blood pressure is checked regularly.
10. Live a normal life in every other way.

**Please note:** This health information is for education only. It does not take the place of talking with a healthcare professional. A healthcare professional is the person who will consider the special needs of the patient and is in charge of the care of each patient.

