Are you at risk for High Blood Pressure?

Do you have symptoms of High Blood Pressure?
Do you know what the symptoms are?
Many people have **NO** symptoms...

Which is why high blood pressure is called the "**Silent Killer**"!

Normal Blood Pressure is <120/80
Have you checked your Blood Pressure today?
Risk factors for high blood pressure that we cannot change:

- **Family History** - Parents and close family members with high B/P increases your risk.

- **Age** - The older we get, the greater our risk for high blood pressure.

- **Gender** - Until age 64, men are more likely to have high blood pressure. At 65 and older, women are more likely to get high blood pressure. *Blood vessels lose elasticity as we age.*

- **Race** - African-Americans are at a higher risk for high blood pressure. Often, it is more severe as well.

- **Chronic Kidney Disease** - can cause high blood pressure.

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Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

*3 John 1:2 (NIV)*
Risk factors for high blood pressure that we **CAN** change:

- Lack of physical activity.
- Being overweight or obese.
- Unhealthy diet-especially high in sodium/salt.
- Stress
- Drinking too much alcohol.
- Sleep apnea.
- High Cholesterol levels.
- High blood sugar levels.
- Smoking and tobacco use.

For more information about your blood pressure numbers go to the American Heart Association website [www.heart.org](http://www.heart.org)
*Ongoing and New Activities*

- Cooking Matters is still meeting and everyone seems to be enjoying these classes. We will be doing a Shopping Tour at IGA on July 24th.

- Chair Exercises /Gentle Yoga are still ongoing—see Barb Pelley or Pat Depp for more information.

- Community Garden—see Matt Loper, Ashley Neat or Barb Pelley for more information.