



# Broward County Government Newsletter

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## Community Care Plan, 'the health plan with a heart'

### What is high blood pressure?

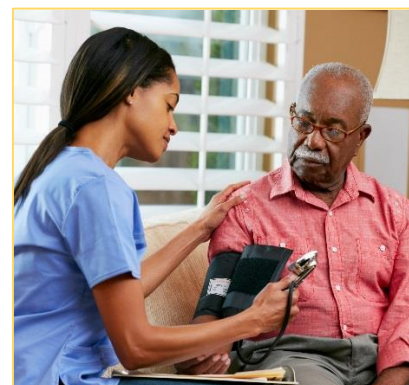
- ♥ According to the American Heart Association, High blood pressure (hypertension) is when your blood pressure is consistently too high
- ♥ Blood Pressure is the force of your blood pushing against the walls of your blood vessels
- ♥ Blood pressure usually gets higher or lower during the day, but can cause health problems if it stays too high for a long time
- ♥ Having high blood pressure that is not controlled can lead to heart disease and stroke
- ♥ Heart disease and stroke are the leading causes of death in the United States

### How do I keep my Heart Healthy?

1. **Visit your doctor**
  - Your doctor can measure your blood pressure
  - Your doctor can tell you how to prevent or control your number
2. **Eat Healthy**
  - Eat frozen and fresh fruits and veggies
  - Eat low-fat dairy
  - Eat less saturated and total fat
3. **Decrease Salt Use**
  - Do not add salt to foods
  - Eat foods that contain less sodium (salt)
4. **Stay Active**
  - Exercise for at least 90 minutes a week
5. **Limit Drinking**
  - Drink only 1-2 drinks a day
6. **Track your blood pressure at home**
  - Your doctor can help you find a Blood Pressure tracker that is right for you
7. **Take medicine**
  - Take your medicine exactly how your doctor tells you to
  - Even if you are feeling ok, it is important to keep taking your medicine

Content Sources:

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/What-is-High-Blood-Pressure\\_UCM\\_301759\\_Article.jsp#.Wlj9maWyUk](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/What-is-High-Blood-Pressure_UCM_301759_Article.jsp#.Wlj9maWyUk)  
[https://www.cdc.gov/bloodpressure/docs/ConsumerEd\\_HBP.pdf](https://www.cdc.gov/bloodpressure/docs/ConsumerEd_HBP.pdf)  
[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/Five-Simple-Steps-to-Control-Your-Blood-Pressure\\_UCM\\_301806\\_Article.jsp#.Wlj1l2aWyUk](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/Five-Simple-Steps-to-Control-Your-Blood-Pressure_UCM_301806_Article.jsp#.Wlj1l2aWyUk)



### Warning Signs of a Stroke

Remember to think "F.A.S.T" to see the warning signs and help someone who is having a stroke.

Face drooping  
Arm weakness  
Speech difficulty  
Time to call 9-1-1

### Eat Healthy!



*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-224-5701 /TTY/TDD 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-224-5701 /TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Enfòmasyon sa a disponib nan lòt lang yo. Tanpri kontakte depatman sèvis manm nou an nan 1-866-224-5701 /TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00 am a 7:00 pm EST.*