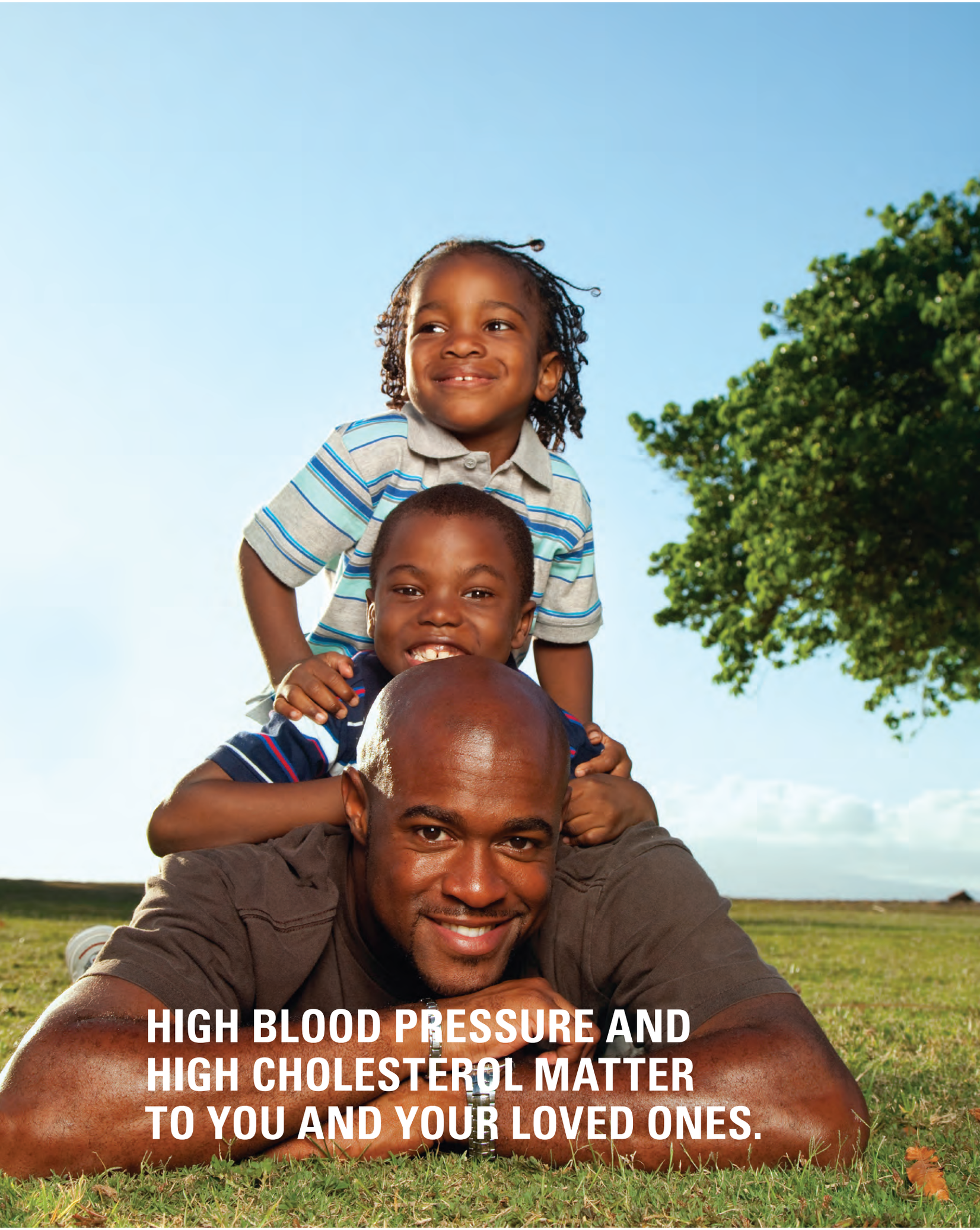
CHECK
CHANGE
CONTROL
it

YOUR HEART DEPENDS ON IT

HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL TOOLKIT FOR YOU AND YOUR LOVED ONES


HIGH BLOOD PRESSURE AND
HIGH CHOLESTEROL MATTER
TO YOU AND YOUR LOVED ONES.

African-American men are at **high risk for heart disease and stroke**. High blood pressure and high cholesterol lead to heart disease, stroke **and other serious or life-threatening illnesses**. High blood pressure can interfere with sexual functioning. You won't know if you have high blood pressure or high cholesterol unless you have them checked. **Simple tests can be done** to check your blood pressure and cholesterol. If you find out that you have high blood pressure, high cholesterol or both, you are in control. **You can change the picture and lead a healthy life**.

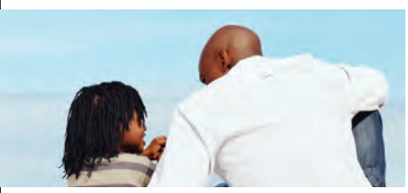
If you don't have **high blood pressure** or **high cholesterol** now, you should still take steps to prevent getting them in the future since **your risk is high.**

I WILL BE IN CONTROL.

Check each item that you want to commit to:

- Have my blood pressure checked regularly.
- Have my cholesterol levels checked as recommended by my doctor.
- Make a list of physical activities that I like.
- Talk to my doctor about a realistic plan for getting physical activity.
- If I'm overweight, talk to my doctor about setting a weight goal and a realistic plan to lose weight.
- Learn to read food labels so I can choose food with less fat and salt in them.
- Eat five or more servings of fruits and vegetables.
- Keep my loved ones informed of my goals and progress.
- Take the salt shaker off the dinner table.
- Skip salt-based seasonings like garlic salt while cooking.
- Drink no more than 2 alcoholic drinks each day.
- Ask my family and friends for support.
- If I smoke, learn about programs to quit.
- If I smoke, take the necessary steps to quit.
- If I smoke, ask family and friends for support
- If I smoke, I will keep trying until I quit for good.

I will have my blood pressure and cholesterol checked and follow my doctor's orders to treat or prevent high blood pressure and high cholesterol.



CARDIOVASCULAR DISEASE RISK FACTORS YOU CAN CONTROL:

- High blood pressure
- High cholesterol
- High triglyceride levels
- Diabetes and prediabetes
- Overweight and obesity
- Smoking
- Lack of physical activity
- Unhealthy diet
- Excessive alcohol consumption (more than 2 standard drinks; a standard drink is 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits)
- Stress

AFRICAN-AMERICAN MEN ARE AT HIGH RISK FOR HEART DISEASE AND STROKE.

SIMPLE TESTS CAN BE DONE TO CHECK YOUR BLOOD PRESSURE AND CHOLESTEROL.

YOU CAN CHANGE THE PICTURE AND LEAD A HEALTHY LIFE.

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