CHECK CHANGE CONTROL it

YOUR HEART DEPENDS ON IT

TIP SHEET

IMPROVING MY BLOOD PRESSURE AND CHOLESTEROL NUMBERS

WHAT WILL HELP ME SUCCEED?

KEEP YOUR DOCTOR APPOINTMENTS. Your doctor will want to work with you to help improve your numbers. He or she will want to see you in the office from time to time. Following up with your doctor will keep you on track and allow your doctor to work with you to solve problems that might keep you from reaching your goals.

MONITOR YOUR BLOOD PRESSURE ON YOUR OWN. Blood pressure cuffs can be purchased at discount or drug stores. If you don't want to buy one, many drugstores, fire stations and health departments offer a service that lets you take your blood pressure for free.

HAVE YOUR CHOLESTEROL MEASURED. At least once every 5 years, and your doctor will want to check it more often if you already have high cholesterol.

TELL YOUR DOCTOR IF YOU HAVE PROBLEMS FOLLOWING HIS OR HER ORDERS AND RECOMMENDATIONS. Don't stop treatment on your own. Instead, call the doctor's office to let them know what's happening and let them help you.

GET YOUR LOVED ONES INVOLVED. It's not easy to make lifestyle changes. If your loved ones understand why you need to eat healthy and be active, they can do a better job of supporting you.

LEARN AS MUCH AS YOU CAN ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL. Look for trustworthy information – check out the list of resources included in your CHECK IT. CHANGE IT. CONTROL IT. toolkit.

This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.
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