



HEALTH AWARENESS

ONE-FIFTY OVER NINETY. ONE-EIGHTY OVER ONE-ELEVEN. ONE-SIXTY OVER ONE-TEN. I HAD A STROKE. THIS IS WHAT HIGH BLOOD PRESSURE LOOKS LIKE.

YOU MIGHT NOT FEEL ITS SYMPTOMS BUT THE RESULTS FROM A STROKE ARE FAR FROM INVISIBLE OR SILENT.

IF YOU'VE COME OFF YOUR TREATMENT PLAN, GET BACK ON IT OR TALK WITH YOUR DOCTOR TO CREATE AN EXERCISE, DIET AND MEDICATION PLAN THAT WORKS FOR YOU.

GO TO LOWER-YOUR-H-B-P--DOT--ORG. IF I WOULD HAVE FOLLOWED A TREATMENT PLAN, I WOULD NOT BE IN THIS SITUATION.