



United Taxi Workers HEALTH BULLETIN

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HIGH BLOOD PRESSURE

How to Know It and Control It

High Blood Pressure (Hypertension) Can Kill You.

Left untreated, high blood pressure can cause:

- Heart disease.
- Stroke.
- Heart attacks and heart failure.
- Problems with blood vessels and circulation.
- Kidney disease.
- Eye problems (reduced vision, blindness).
- Sexual dysfunction.
- Early death.

KNOW YOUR NUMBERS: Hundreds of thousands have it but don't know it.

- Blacks are more likely than other groups to have high blood pressure.
- More than half of people 65 and older have high blood pressure.
- Because there are usually no symptoms, the only way to know you have high blood pressure is to get checked regularly.

*If you need information about low or no cost health care call our UTWSD Office.

Check Your Own Blood Pressure

- Many pharmacies have machines you can use to take your pressure for free.
- Home blood pressure monitors are accurate and easy to use. You can buy them at most pharmacies and department stores.
- Visit www.heart360.org to track and record daily or weekly blood pressure readings.
- Bring the numbers from your tracker whenever you see a health care provider.

Your Health Matters!

Prevent and Control High Blood Pressure

Healthy lifestyle changes are powerful.

If you smoke, quit now.

- If you have high blood pressure and smoke, your risk of a heart attack is more than double.
- For free help quitting, call 1-800-NO-BUTTS for the California Smokers Hotline.

Eat a heart-healthy diet and cut the salt.

- Limit salt (sodium) in your diet.
- Eat more fruits, vegetables & whole grains.
- Choose low-fat dairy products and lean meat and fish.
- Limit alcohol intake.

Get moving.

- Get at least 30 minutes of moderate physical activity (such as a brisk walk) at least 5 days a week.
- If you are overweight, losing as little as 10 pounds can lower your blood pressure.

UTWSD Health Bulletin is part of a one year partnership with **Foundation for Change** to offer an Immigrant Worker Health Initiative to the under-served taxi driver community.



Foundation for Change