



Taking Control of Your Blood Pressure



Promoting Heart Healthy Lifestyle to the Community

Heart disease and Stroke are two of the leading causes of death in the United States. Americans suffer 1.5 million heart attacks and strokes each year. The good news is that many of the major risk factors for these conditions can be prevented and controlled.

How can I tell if I have it?

You usually can't tell! Many people have it and don't know it. The only way to know if you have a high blood pressure is to get it checked regularly.

What can un-treated high blood pressure do to your body?

- Stroke
- Heart attack, Angina (sudden chest pain) or both
- Heart failure
- Kidney failure
- Peripheral Arterial Disease (Narrowing of the blood vessels).

What can you do about it?

- **Stop Smoking**
- Lose weight if you are overweight.
- Eat healthy meals—low in Saturated Fats, Trans Fats, Cholesterol, Salt / Sodium) and added Sugars.
- Limit alcohol, one drink a day for women, two drinks a day for men.
- Exercise five days a week for 30 minutes at least.
- See your Doctor /Nurse regularly.

Get your blood pressure checked REGULARLY and keep it at HEALTHY (at or below 120/80) level.

- **Take your blood pressure MEDICINES daily.**



**WHERE TO GET A FREE
BLOOD PRESSURE CHECK WITHIN YOUR COMMUNITY
NEAR 21217**

WHERE TO GET A BLOOD PRESSURE SCREENING

Keystone Pharmacy	1358 W North Ave, 21217	(410) 669-1900
Rite Aid	238 McMechen St, 21217	(410) 523-4704
Fire Station Engine 13	405 McMechen St, 21217	410-396-0413
Fire Station Engine 52	3525 Woodbrook Ave, 21217	410-396-0452
John Eager Howard Rec Center	2001 Brookfield Avenue, 21217 (Mon, Wed 6:30pm-7:30pm)	410-396-7849
Robert Marshall Rec Center	1201 Pennsylvania Avenue, 21217 (Wed 6:00-7:00pm)	410-728-3271
Sandtown Winchester Senior Center	1601 Baker Street, 21217 (Every 4 th Monday of the month 12:00 pm- 1:30 pm)	410-396-7724

WHERE TO GET HEALTHCARE IN YOUR COMMUNITY

Total Health Care

- Division Health Center 1501 Division Street, 21217 410-383-3136
- Mt. Royal Health Center 922 W. North Avenue, 21217 410-383-8300
- Men’s Health Center 1515 W. North Avenue, 21217 410-383-8300
- Saratoga Health Center 1501 W. Saratoga Street, 21223 410-383-8300

Eutaw Medical Center/Jai 2425 Eutaw Place, 21217 410-728-6900

Medical Center 1111 North Charles Street, 410-837-2050

Chase Brexton Health Center 21201 410-368-6000
Mt. Vernon Center

St. Agnes Hospital 900 S. Caton Avenue, 21229
Lobby/pharmacy, Every 1st and
3rd Tuesdays 1:00pm – 3:00pm

**For More Information Please Call
The Baltimore City Health Department at 410-396-9931**

