



# 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 21224**

**WHERE TO GET A BLOOD PRESSURE SCREENING**

Walgreens	4020 Eastern Ave, 21224	410-534-8656
Highland Town Pharmacy	3911 Eastern Ave, 21224	667-212-3622
Rite Aid	3820 E Lombard St. 21224	410- 675-1126
Rite Aid	2801 Foster Ave, 21224	410-732-0523
Kmart Pharmacy	222 N Point Blvd, 21224	410-285-6170
Fire Station Engine 41	520 S. Conkling St, 21224	410-396-9241
Fire Station Engine 20	5714 Eastern Ave, 21224	410-396-5616
Hatton Senior Center	2825 Fait Avenue, 21224 Every 4 <sup>th</sup> Wed of the month; 12:00 pm-1:00 pm	410-396-9025

**WHERE TO GET HEALTHCARE IN YOUR COMMUNITY**

**Johns Hopkins Health System**

- Johns Hopkins Comprehensive Care Practice      5250 Eastern Avenue, (Mason F. Lord Building, 5th floor), 21224      410-550-2999
- Johns Hopkins BayView Medical Center Internal Medicine Clinic      301 Mason Lord Drive (First floor), 21224      410-522-9800

**Baltimore Medical System**      2323 Orlean Street, 21224      410-558-4747

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