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 untreated 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 410-396-7849
(Thu, Mon, Wed 6:30pm-7:30pm)
Robert Marshall Rec Center 1201 Pennsylvania Avenue, 21217 410-728-3271
(Sat 6:00-7:00pm)
Sandtown Winchester Senior Center 1601 Baker Street, 21217 410-396-7724
(Every 4th Monday of the month 12:00 pm- 1:30 pm)

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 Medical Center 2425 Eutaw Place, 21217 410-728-6900
Chase Brexton Health Center 1111 North Charles Street, 21201 410-837-2050
Mt. Vernon Center
St. Agnes Hospital 900 S. Caton Avenue, 21229
Lobby/pharmacy, Every 1st and 3rd Tuesdays1:00pm – 3:00pm

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