



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 21223**

WHERE TO GET A BLOOD PRESSURE SCREENING



Bentalou Recreation Center	222 N. Bentalou Street , 21223 (Mon, Wed, Fri 6-7pm)	410-396-0105
CVS Pharmacy	2560 W. Franklin Street, 21223 (machine/cuff)	410-362-8803
Fire Station (Engine 14)	1908 Hollins Street, 21223	410-396-0214
Fire Station (Engine 36)	2249 Edmondson Avenue, 21223	410-396-0436
Rite Aid Pharmacy	2497 Frederick Avenue, 21223 (machine/cuff)	410-947-0500
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



WHERE TO GET HEALTHCARE IN YOUR COMMUNITY

Total Health Care

- Saratoga Health Center 1501 W. Saratoga Street, 21223 410-383-8300
- Westside Health Center 2449 W. Frederick Avenue, 21223 410-383-8300
- Mt. Royal Health Center 922 W. North Avenue, 21217 410-383-8300
- Division Health Center 1501 Division Street, 21217 410-383-3136
- Open Gates Health Center 1111 Washington Boulevard, 21230 410-383-8300

St. Agnes Hospital 900 S. Caton Avenue, 21229 410-368-6000
 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**

