

High blood pressure?

Know your numbers.



If you have high blood pressure (hypertension), you can take steps to lower it. Regularly monitor your blood pressure at home. Keep a record of your readings and track your progress. This helps your health care provider determine whether your medication is working properly or needs fine-tuning.

Unchecked, high blood pressure can lead to:

- Stroke
- Heart disease
- Eye damage
- Kidney damage
- Disability

Speak with your health care provider.

Self-monitoring is easy to do. And there's strong evidence it can help you lower your blood pressure and reduce your risk of more serious cardiovascular events.

Learn more at

HealthyDelaware.org/SelfMonitor.



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DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Diabetes and Heart Disease Prevention and Control Program