

HYPERTENSION

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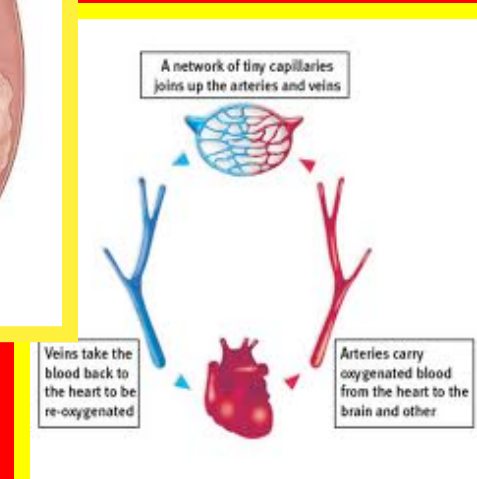
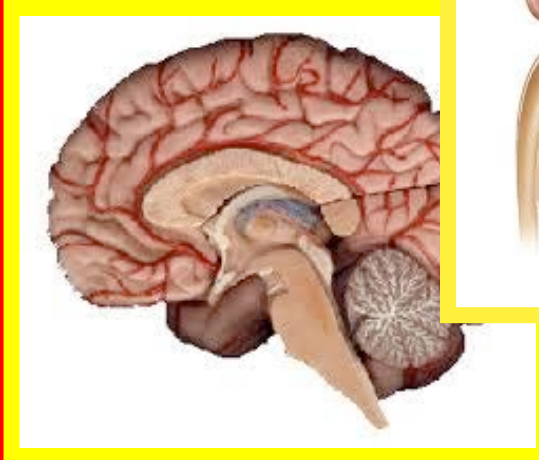
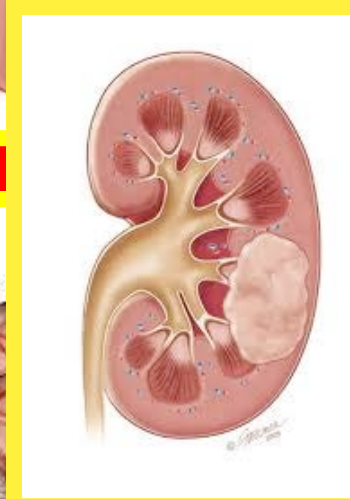
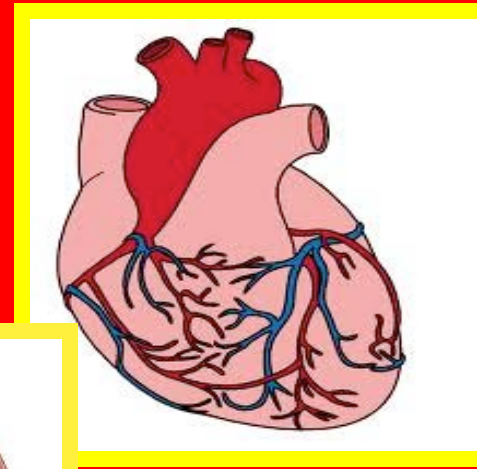
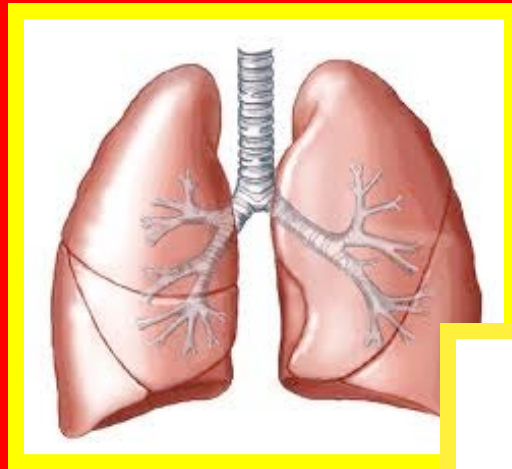
High Blood Pressure

HIPERTENSION = La Alta Presión



Blood Pressure Affects the whole body!

Presión Sanguínea Afecta a Todo el Cuerpo



Lungs, Heart, Kidney, Brain, and Blood Vessels

Pulmones, Corazón, Riñones, Cerebro, y Vasos Sanguíneos

Hypertension causes!!!

Derrame Cerebral

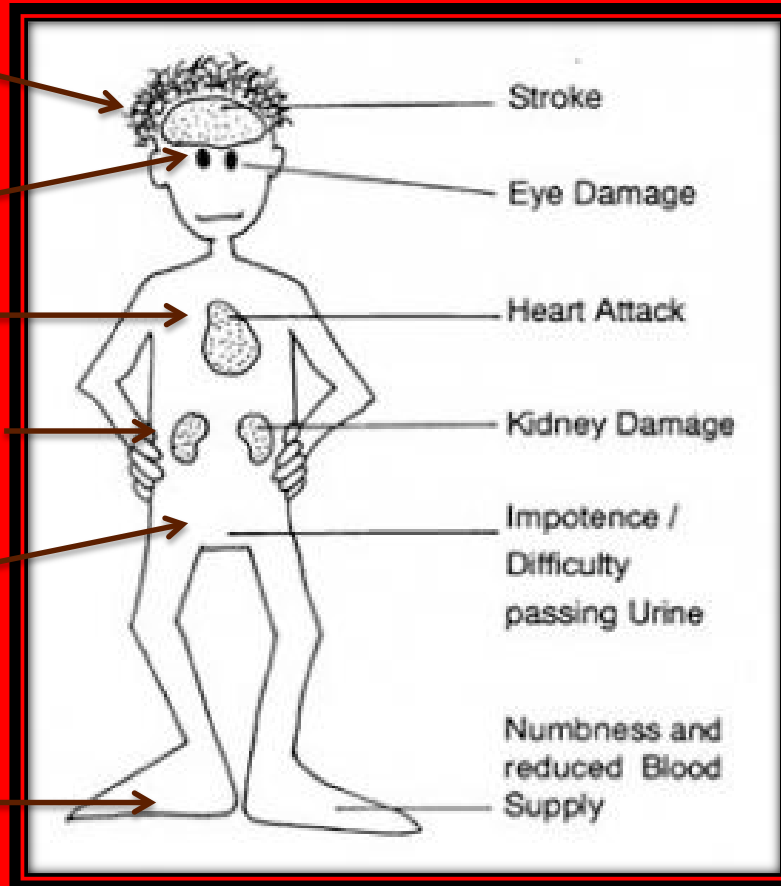
Daño a los Ojos

Infarto

Daño a los riñones

Impotencia y
dificultad
orinando

Entumecimiento



Stroke

Eye Damage

Heart Attack

Kidney Damage

Impotence /
Difficulty
passing Urine

Numbness and
reduced Blood
Supply

Think Prevention

¡Debe pensar en la
prevención!

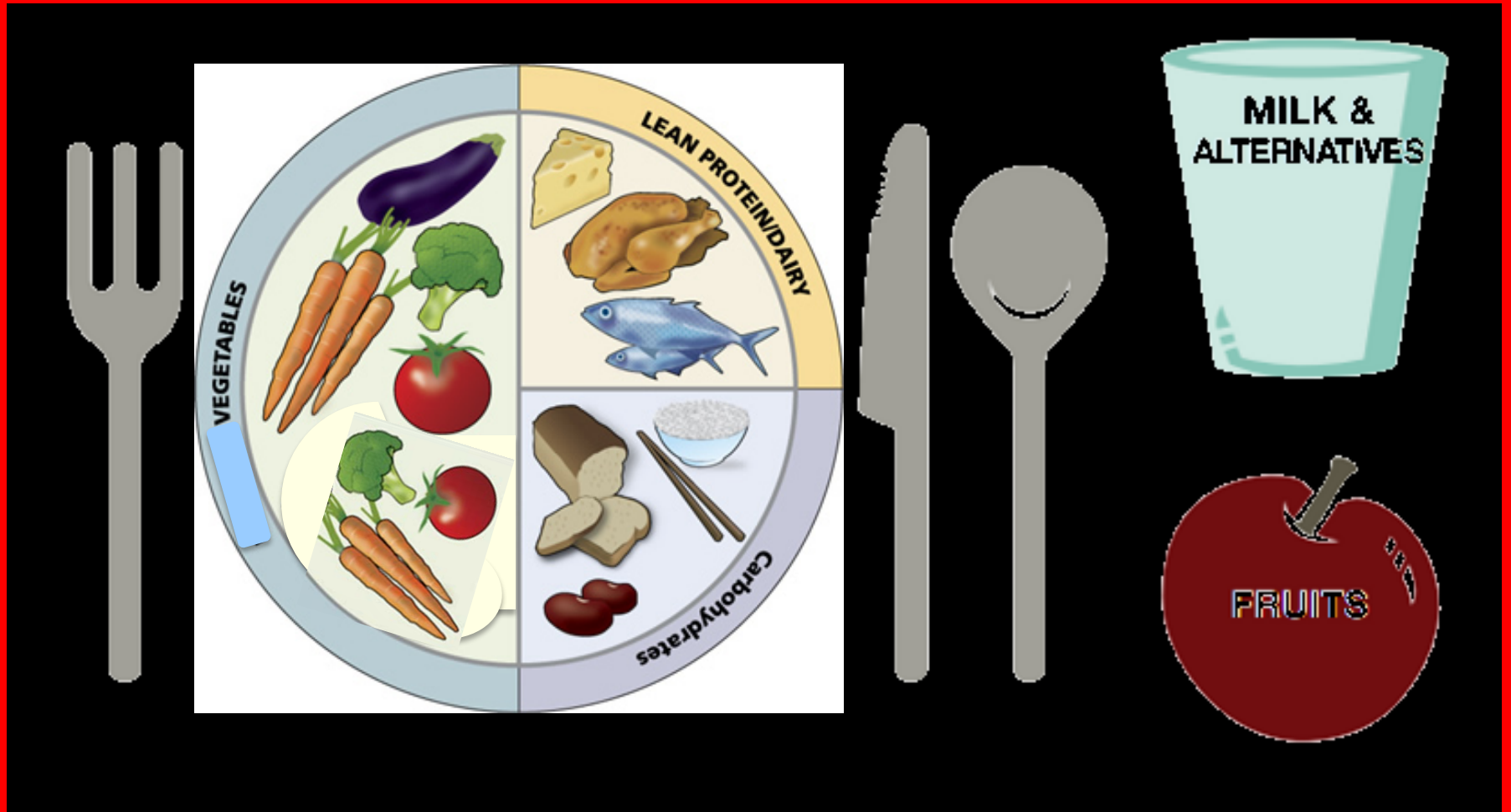
NO



CANNED FOOD



EAT RIGHT



Come Saludable

EXERCISE

Necesita Hacer Ejercicio



Aim to lose 1 pound per week!

¡Debe perder una libra por semana!

- Walking
- Swimming
- Biking
- Jogging
- Caminando
- Nadando
- Andando en bicicleta
- Corriendo



TAKE YOUR MEDS

Toma Su Medicina



**MOST PEOPLE TAKE 3 MEDS TO
CONTROL THEIR BLOOD
PRESSURE**

La mayoría de los pacientes toman 3 medicamentos para controlar la alta presión

No
SMOKING

No Fumar



**Healthy lifestyle
= healthy heart!**



**Estilo de Vida Saludable = Corazón
Saludable!**

What's YOUR Number?

¿Cuál es SU número?

120/80

130/80

180/110

150/95

140/90

180/110

