



# High Blood Pressure

## THE SILENT KILLER

In 1995, high blood pressure killed 39,981 Americans and contributed to the death of about 190,000. It is a major risk factor for heart disease and stroke.



Also known as hypertension, high blood pressure is often called "silent killer" because, in most cases, it has no warning signs. That's why it is vitally important to have your blood pressure checked regularly, to follow your doctor's instructions, and to stay on your medication.

*The following dietary and lifestyle choices can help control your blood pressure:*

- 1 Reduce your weight to ideal levels for your height and build.
- 2 Decrease your sodium intake to less than 2000 milligrams a day.
- 3 Make sure your diet is rich in fruits and vegetables.
- 4 Exercise regularly.
- 5 Be moderate in your drinking.
- 6 Reduce stress on and of the job.
- 7 If you are smoking, stop.

### **Remember!**

*Have your blood pressure checked regularly. The blood pressure reading you have today may not be the one you have six months from now.*



**FIRE & HEALTH SAFETY  
BEGINS IN THE HOME**

- ✓ Watch Children Carefully
- ✓ Know What To Do In An Emergency

*To Notify the Fire Department  
About a Fire or Medical Emergency  
Dial 911*



DIAL 911 ONLY FOR EMERGENCIES

CPR SAVES LIVES

DIAL 911 ONLY FOR EMERGENCIES

A Public Fire & Health Safety Message From The New York City Fire Department

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