



Blood Pressure

What goes up can come down.

It's estimated that one in every four Americans suffers from high blood pressure, or hypertension. Untreated, it can lead to stroke, heart attack or kidney damage. To prevent high blood pressure, reduce sodium intake, maintain a healthy diet and weight, exercise regularly, limit caffeine and alcohol consumption, and don't smoke.

Get your blood pressure checked regularly. With proper treatment you can lead a normal life, usually with the help of daily medication.

And that's smart safety!

For additional information or guidance, contact your safety office.