

BLOOD PRESSURE SCREENING

August 21st, 2019

- **1:00pm - 4:00 pm: next to main hospital elevators**

**Learn about the AHA Check, Change, Control® Program ...
goal setting and monitoring of Bp by using online tracking**

High Blood Pressure Facts

If you have high blood pressure, you are not alone. Having **high blood pressure** puts you at risk for heart disease and stroke, which are leading causes of death in the United States. About 86 million American adults have **high blood pressure** - that's 1 in every 3 adults. Only about half of people with **high blood pressure** have their condition under control.

The new blood pressure guidelines released late last year lower the definition of Stage I **high blood pressure** to 130-139 or 80-89, potentially putting more individuals at risk - all the more reason to get your blood pressure checked sooner rather than later! Source: American Heart Association.

You may be someone who ...

- *Doesn't know they have **high blood pressure** ...*
- *Is a member of a high risk group ...*
- *Has a family history ...*
- *Has too much salt in their diet ...*
- *Is more prone to stroke or heart attack ...*

Find out if you are at risk for **high blood pressure**. Stop by the main hospital elevators and have one of the Hospital's Friends of WPH Volunteer Nurses provide you with a quick, confidential blood pressure reading. It's best to know your numbers!

All staff who complete two preventative screening programs (for example, Blood Pressure and one other) can earn a cash [Wellness Innovation Reward!](#)



Questions? Contact Frank J. LoCastro at flocastro1@wphospital.org or at extension 2539.