



1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE (HYPERTENSION).

IF UNTREATED, IT CAN LEAD TO HEART DISEASE OR STROKE.

LOWER YOUR RISK FOR HEART DISEASE:

- **Know your numbers.** There are usually no symptoms. Check your blood pressure regularly at your pharmacy or doctor's office.
- **Cut the salt.** Foods high in sodium can raise blood pressure. Limit processed or restaurant foods.
- **Don't smoke.** Smoking raises blood pressure and damages the heart.
- **Get moving.** Physical activity is good for your heart!