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**Public Health**  
Prevent. Promote. Protect.  
Taney County Health Department



### **FOR IMMEDIATE RELEASE**

## **Tips to Controlling Your High Blood Pressure February 18, 2022**

Did you know that half of American adults have high blood pressure? Yet, 1 in 3 adults do not realize they have it. People with high blood pressure or hypertension may not have obvious symptoms, that's why it is important to have your blood pressure checked. This can be done in your home with a home blood pressure monitor, at some pharmacies or at a healthcare facility. Left untreated, hypertension can damage blood vessels and lead to serious health problems, including heart attack and stroke.

If you have been diagnosed with hypertension, it's important to take your medication as prescribed, monitor your blood pressure and adopt a healthy lifestyle. Some healthy lifestyle changes include:

- Eat a well-balanced diet that's low in salt
- Limit alcohol intake
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Quit smoking
- Take your medications properly
- Work together with your doctor

The Taney County Health Department participates in the WISEWOMAN (**Well-Integrated Screening and Evaluation for Women Across the Nation**) program. WISEWOMAN program screens for heart disease and stroke risk factors in women aged 40-64. Please call the Taney County Health Department for more information about the qualification to participate in WISEWOMAN (417)-334-4544 ext. 590.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at [www.taneycohealth.org](http://www.taneycohealth.org), or like our FaceBook, Instagram and Pinterest pages.

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.