

Hypertension: What Families Should Know

RK Bloom Foundation Community Health Pamphlet

1. High blood pressure is common and many people do not feel symptoms.
2. Untreated high blood pressure can increase the risk of stroke, heart disease, kidney disease, and vision problems.
3. Check your blood pressure regularly at clinics, pharmacies, outreach events, or with a trained health worker.
4. Helpful habits: reduce salt, eat more fruits and vegetables when available, stay active, avoid tobacco, and limit alcohol.
5. Take prescribed medicines exactly as directed. Do not stop medicine because you feel well unless a clinician tells you to.
6. Seek urgent care for chest pain, severe headache, weakness on one side, trouble speaking, fainting, or severe shortness of breath.
7. This pamphlet supports education only. It does not replace advice from a licensed health professional.

For questions, contact RK Bloom Foundation: rkbloomfoundation@gmail.com