



**Gain Control.**

[Heart.org/bplevels](http://Heart.org/bplevels)

## National High Blood Pressure Education Month 2019

### KEY MESSAGES TO SHARE

National High Blood Pressure Education Month is the perfect time to raise awareness for high blood pressure prevention. Below are some key messages to learn and share so those in your community know their numbers and manage their risk.

Small choices made each day can make a positive impact in managing your blood pressure. It could mean the difference in your risk for heart disease or stroke. Thank you for taking time to share these important messages about the prevention and management of high blood pressure.

#### Key messages – consumers/community

##### Message 1 – #CheckIt

Do you know the signs of high blood pressure? It's a trick question because high blood pressure, also known as the "silent killer," typically has no symptoms. The only way to know your risk is to have your blood pressure checked. This May, during National High Blood Pressure Education Month, do yourself and your family a favor:

1. Have your blood pressure checked and learn what your numbers mean by using AHA's new [interactive blood pressure tool](#).
2. Challenge others that you care about to know their numbers, too.

##### Message 2 – Make changes that matter

High blood pressure, or hypertension, is the leading cause of preventable heart disease and stroke death and is second only to smoking as the most common cause of preventable death from any cause. To help gain control of your blood pressure, this May, during National High Blood Pressure Education Month, challenge yourself and loved ones to:

1. Have your blood pressure checked and learn what your numbers mean by using AHA's [interactive blood pressure tool](#). You will receive practical tips that you use to take action immediately.
2. Take simple steps to control your numbers. Work with your love ones to kickstart a new healthy habit - move more (find a physical activity you enjoy), eat smart (strive to eat a well-balanced low salt diet, limit alcohol) and be well (manage stress, practice mindfulness).

##### Message 3 – Seek support

May is National High Blood Pressure Education Month, take this time to check your blood pressure and find out your risk by using our new [interactive blood pressure tool](#). Be reassured that studies show that those who check their blood pressure more often are more likely to keep their blood pressure at a healthy level. If you have high blood pressure, work with your health care professional to learn how to accurately monitor and manage your blood pressure.

- Remember to take your medication properly even if it means taking it every day.
- Talk to your healthcare provider if you are taking any natural treatments or over-the-counter medications as they may interfere with your prescribed medication or increase your blood pressure.
- Visit [heart.org/BPLevels](http://heart.org/BPLevels) for more information.

## Key messages – health care providers

### Message 1: Share the HBP tool with your patients

- Learn to accurately diagnose and treat your patients using the latest treatment guidelines and AHA’s evidence-based blood pressure tools and resources.
  - Share with your patients AHA’s new [interactive blood pressure tool](#) to help them learn what their numbers mean and access resources to help them on their journey to maintain a healthy blood pressure.
  - Download AHA’s NEW Healthcare Provider Blood Pressure Toolkit [heart.org/BPtools](http://heart.org/BPtools)

### Message 2: Encourage your patients to understand the truth about behind their numbers

- Help empower your patients by encouraging them to check their blood pressure and use AHA’s new [interactive blood pressure tool](#) to learn what their numbers mean as well as to receive support resources. If they discover their numbers are in an unhealthy range, encourage them to come in for a visit to discuss further.

### Message 3: HPB and OTC medications

- Ask your patients at every visit about what over-the-counter (OTC) medicines they may be taking. Certain OTC medications such as non-steroidal anti-inflammatory drugs (NSAIDs, for example ibuprofen) and decongestants may elevate blood pressure.
  - Be sure to talk to your high blood pressure patients about their OTC medications. Make sure to discuss what medicines are safe for them.
  - Share AHA’s new [interactive blood pressure tool](#) with all patients to help them learn what their numbers mean and to access support resources.
  - Send your patients with HBP to AHA’s blood pressure tracking programs such as Check. Change. Control.® to help them on their path to healthy levels. The programs can be found at [heart.org/BPLevels](http://heart.org/BPLevels).