



# MAY

## National High Blood Pressure Education Month

*National High Blood Pressure Education Month raises awareness about the impact high blood pressure can have on health. Reducing high blood pressure can lower your risk for stroke and heart attack.* Less is better in some things, including in blood pressure. About 1 of 3 US adults—**67 million people**—have **high blood pressure**. High blood pressure makes your heart work too hard and increases your risk of heart disease and stroke.

### Healthy Habits to Help Keep Your Blood Pressure Under Control

- Achieve and maintain a healthy body weight.
- Participate in 30 minutes of moderate physical activity on most days of the week.
- Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- Manage stress.
- Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).
- If you have high blood pressure and are prescribed medication, take it as directed.
- If you have a family member who has high blood pressure, you can help by taking many of the steps listed above with them. Go for walks together or cook meals with lower sodium. Make it a family affair!



**We offer Free Blood Pressure Monitoring to all FRRH patients.**

**To schedule or request this service at FRRH please contact: Joni Michaud, LPN at 444-5973**

*Fish River Rural Health is a selected participant in the Centers for Medicare and Medicaid Services (CMS) – Million Hearts Initiative – CVD Risk Reduction Model. This model is an opportunity for health care professionals to design sustainable models of care that help reduce the ten-year atherosclerotic cardiovascular disease (ASCVD) risk and to prevent heart attacks and strokes for tens of thousands of eligible Medicare beneficiaries. Million Hearts CVD Risk Reduction Model objective is to prevent one million heart attacks over the next five years.*

Source: Maine CDC Website/ For more information please contact Joni Michaud LPN, Health Education Technician at 444-5973 ext. 221 or email: [jmichaud@frrh.org](mailto:jmichaud@frrh.org)



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