

the silent killer: you won't hear it, see it, or feel it...

# High Blood Pressure: the #1 Risk for Stroke

**FIGHT BACK!**

**You can control your blood pressure:**

**Know your numbers**



**Talk to your doctor**



**Get to a healthy weight**



**Be active**



**Eat fruits, veggies, and whole grains**



**Take medicine as prescribed**



[www.idahoheartandstroke.org](http://www.idahoheartandstroke.org)



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

[www.dhw.idaho.gov](http://www.dhw.idaho.gov)



American Heart Association | American Stroke Association

[www.heart.org](http://www.heart.org)