

PREVENT HIGH BLOOD PRESSURE

RECOGNIZE THE SYMPTOMS:

- **PERSISTENT HEADACHES**
(RADIATING FROM THE BACK OF THE HEAD)
- **DIZZINESS**
- **LIGHT-HEADEDNESS**
- **RINGING IN THE EARS**

If you are experiencing any of the above symptoms, please consult with your doctor.

MINIMIZE THE RISK BY:

- **QUITTING SMOKING**
- **AVOIDING ALCOHOL**
- **DRINKING MORE WATER**
- **EATING LESS SALT**
- **LOSING WEIGHT**
- **EXERCISING**
- **TAKING TIME TO RELAX**



FRUIT



EXERCISE



SLEEP



WEIGHT



RELAX

YOU ONLY HAVE ONE LIFE. KEEP IT HEALTHY!



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