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• Respond differently to high blood pressure medication
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• Tend to get high blood pressure earlier in life
• Often have more severe high blood pressure
• Are less likely to achieve blood pressure goals with treatment
• Have higher rates of early death from high blood pressure-related problems

40% of African Americans have high blood pressure.

WHY?
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YOUR ROADMAP TO MANAGING HIGH BLOOD PRESSURE

Here are some ways you can lower your risk:

• Pay attention to food labels. For those with high blood pressure, salt intake should be capped at 1,500 mg daily (2,300 mg for others).
• Know your blood pressure numbers and follow up with your doctor for treatment as needed.
• Lower stress by creating your own personal stress-busters, like laughter, sleep, music, and worship.
• Set small weight loss goals – such as taking the stairs instead of the elevator or substituting fruit for dessert twice a week.