Summit Medical Group is participating in the American Medical Group Foundation (AMGF) Measure Up/Pressure Down National Campaign.

This campaign is created to raise awareness among patients, employers, and communities about the dangers of uncontrolled high blood pressure and to achieve lasting improvements in blood pressure control that lead the way to greater health for all Americans.

**Do You Know Your Numbers?**

If you have a family history of high blood pressure or a history of hypertension yourself, studies show that you should at least strive for an initial goal to keep blood pressure **below** 140/90.

- **Eat a Healthy Diet**
  - Eat a diet that is rich in fruits and vegetables and limit SALT intake. Take a look at the DASH diet for examples.

- **Maintain Healthy Weight**
  - Being overweight can raise blood pressure. Work with your provider on a healthy weight for YOU.

- **Be Physically Active**
  - The Surgeon General recommends that adults should engage in moderate physical activity for at least 30 minutes on most days of the week. If it has been awhile since you last exercised, check with your provider before you begin.

- **Don’t Smoke...**
  - If you do, set a date to quit.
  - Smoking injures blood vessels!
  - Smoking also increases your risk for heart disease and stroke. Want to quit? Call 1-800-NOBUTTS, or speak with your provider today.

- **Limit Alcohol Use**
  - Drink alcohol in moderation—no more than one drink per day for women and two drinks per day for men. Check with your provider on what’s best for you.

If you need help with controlling your blood pressure, schedule an appointment with your SMG primary care provider.