



Small Test, Big Impact

Checking your blood pressure regularly is important because:

- **High blood pressure often has no symptoms** – many people don't realize they have it until it causes serious problems.
- **Early detection prevents complications** – catching high blood pressure early helps reduce the risk of heart attack, stroke, kidney disease, and vision loss.
- **It tracks your heart health** – regular checks show whether your blood pressure is stable, rising, or improving with lifestyle changes or medication.
- **Helps guide treatment** – if you're on medication, monitoring ensures it's working and lets your provider adjust it if needed.
- **Empowers you to take action** – knowing your numbers encourages healthy habits like exercise, reducing salt, managing stress, and limiting alcohol.

Make an appointment if you'd like to discuss your blood pressure. We're here to help you live a happier, healthier life!