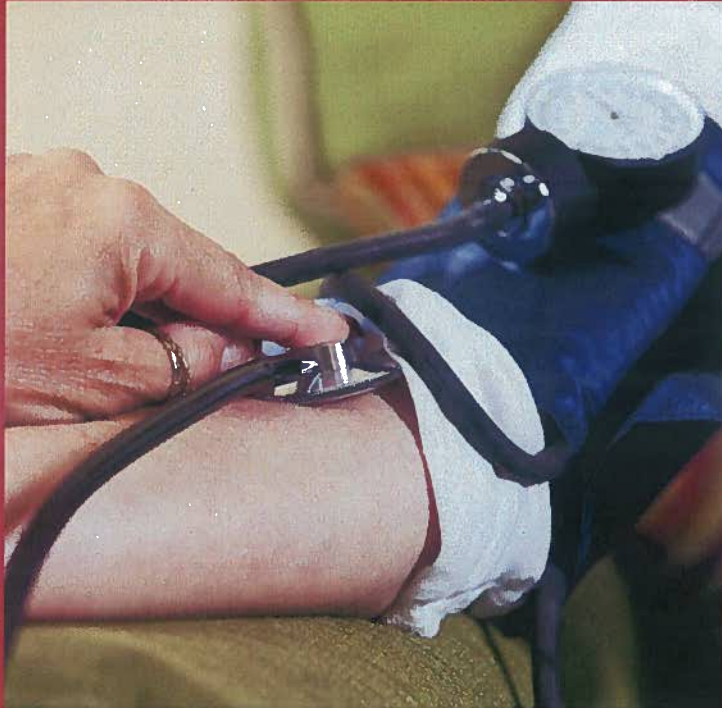


May is High Blood Pressure & Stroke Awareness Month



CHANGE YOUR LIFE: IMPROVE YOUR BLOOD PRESSURE

Tuesday, May 15
6:30 p.m.
Ivy Room 1
Alaska Regional Hospital, First Floor

Reserve your space: 264-1383

Dr. Jeremy Gitomer, a nephrologist with the Kidney and Hypertension Clinic of Alaska, will explain how you can improve your blood pressure through lifestyle modifications.

Alaska Regional Hospital is committed to improving the health and well-being of our community. Join us for a free educational seminar in recognition of National High Blood Pressure Education and Stroke Awareness Month.

High blood pressure, or hypertension, is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. About one in three (76.4 million) adults in the United States have high blood pressure.

High blood pressure is referred to as the "silent killer." It is important to know your blood pressure and what changes you can make to keep it within a normal range.

Those who adopt healthy lifestyle habits, such as limiting sodium, maintaining a healthy weight, exercising regularly, and quitting smoking, help prevent or delay high blood pressure. The more lifestyle changes you make, the more likely you are to lower your blood pressure and avoid related health problems.

NOT BIGGER JUST BETTER



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