

What is your Blood Pressure?

Nearly half of adults in the U.S. have high blood pressure, which is known as the "silent killer" because there are no symptoms. High blood pressure affects your heart and brain. It can lead to damage of the heart and coronary arteries -- including heart attacks, stroke, kidney damage, vision loss, erectile dysfunction, and loss of memory.

The good news? High blood pressure can be prevented and controlled. Factors attributed to high blood pressure that can be controlled are cigarette smoking, diabetes, obesity, unhealthy diet, not enough physical activity, and high cholesterol. Learn more:

<https://bit.ly/38QwvOH>.



**For more information contact the Cheyenne County Health
Department at 785-332-2381**

Or

**To discuss high blood pressure with a medical provider, call the
Cheyenne County Clinic at 785-332-2682 to make an appointment**