



Maintaining Heart Health

Heart health has a profound impact on your body's overall health, and one of the best ways to manage your heart health is by managing your blood pressure. Hypertension, or high blood pressure, is one of the leading causes of heart disease, and can lead to many symptoms and complications through the body.

Symptoms of Hypertension

- Shortness of breath
- Blurry vision or vision loss
- Vomiting or nausea
- Depression or anxiety
- Heart palpitations
- Chest pains
- Stroke
- Kidney disease

How You Can Prevent Hypertension

Fortunately, hypertension can be managed with simple lifestyle adjustments, including:

- Making dietary changes.
- Ensuring regular physical activity
- Limiting alcohol consumption and quitting smoking
- Getting adequate sleep every night

Your Health Starts Here

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