



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

Fighting the “Silent Killer”

High blood pressure (HBP, or hypertension) is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health problems. While there is no cure, using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more.

Make changes that matter:

- Eat a well-balanced diet that’s low in salt
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Quit smoking
- Take your medications properly
- Work together with your doctor

Managing blood pressure is a lifelong commitment

If you have high blood pressure, it’s vital that you listen to your doctor. Remember: You’re a part of your healthcare team. You and your doctor are partners. Educate yourself about HBP and learn how to monitor your blood pressure at home. Armed with this information, you can commit to living heart healthy.

By adopting a heart-healthy lifestyle, you can:

- Prevent or delay the development of high blood pressure.
- Enhance the effectiveness of blood pressure medications.
- Reduce high blood pressure.
- Lower your risk of heart attack, stroke, heart failure, kidney damage, vision loss and sexual dysfunction.

You CAN fight high blood pressure! While heart disease is still the No. 1 killer in the United States and around the world, death rates have decreased significantly. Earlier and better treatment of high blood pressure has played a key role in that decrease

Frequently Asked Questions:

What can I do today to get my blood pressure under control?

Speak with your doctor- together you can make a personalized plan!

Do genetics play a role in blood pressure?

Having a family history of high blood pressure may increase your risk of developing health issues. Living a heart-healthy lifestyle helps reduce your risk.

Discussion Questions:

- What is your biggest barrier to adopting a heart-healthy lifestyle?