

WHAT IS BLOOD PRESSURE?

Blood pressure (BP) is the force exerted on the walls of arteries as blood circulates through your body. The pressures being measured are during the heart's contraction (systolic pressure) and between contractions (diastolic pressure). Your B.P. is recorded as:

Systolic pressure eg: 120
Diastolic pressure 80

SHOULD I HAVE MY B.P. CHECKED? HOW

YES! Approximately 15% of Canadians have High Blood Pressure (Hypertension). This condition often has no symptoms and can lead to:

- Stroke
- Heart Attack
- Kidney Disease
- Heart Failure

B.P. should be checked at least every two years.

WHERE DO I GO?

It's easy! Just drop by one of the following firehalls between 9:00 a.m. to 9:00 p.m. seven days a week!

If we are out on a call, wait a few minutes or try a bit later.

Stn 1 421—6th Avenue South
Stn 2 10 Jerry Potts Blvd West



Follow a Healthy Lifestyle!

- Avoid smoking
- Maintain a healthy body weight
- Reduce dietary sodium (salt) intake
- Limit alcohol intake to no more than 2 drinks per day
- Follow Canada's Guide to Healthy Eating
- Be active

WHAT IS INVOLVED?

Just follow the guidelines in Section "7" on the back of this pamphlet. Come in, relax, and one of our highly trained Fire Medical Responders will measure your Blood Pressure in just minutes.

WILL YOU TELL ME IF SOMETHING IS WRONG?

Our medically trained staff use guidelines developed by the **Canadian Coalition for High Blood Pressure Prevention and Control**. The Lethbridge Fire and Emergency Service Department operates under the direction and control of the Physician Medical Director.

CONFIDENTIAL RECORD KEEPING

We will ask you to fill out a brief assessment form for our records and will give you a free wallet sized card for your reference. Your name, address and phone number will be kept strictly confidential. To determine if the program has been of benefit, you may be contacted later.

