A “Handout on Health”
Prepared for Community Medical School by the Dana Medical Library

Not Too High, Not Too Low: Keeping Blood Pressure in Check

4 November 2014

Websites:

Avoid the Consequences of High Blood Pressure
American Heart Association, 2014

High Blood Pressure
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How Is High Blood Pressure Treated?
National Heart, Lung, and Blood Institute, 2012
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Managing Blood Pressure with a Heart-Healthy Diet
American Heart Association, 2014
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Centers for Disease Control and Prevention, 2014
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Questions and Answers About High Blood Pressure
National Kidney Disease Education Program, 2012
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