

# Health & Wellness

## Tip of the Week

**February** is all about having a **healthy heart**. It is the perfect time to remind you about the importance of screenings and making heart health a habit!

**Week 6**  
**February 8, 2016**

### **Your Blood Pressure: The Highs and Lows**

February is here, the month when thoughts of love are in high gear. But if your blood pressure is high, your heart is not getting the love it deserves. What exactly are the dangers of high blood pressure?

The condition can hurt your health in these serious ways:

- ♥ Hardening of the arteries, which decreases blood flow to the heart and can cause heart disease and damage to your blood vessels
- ♥ Increased risk of stroke, a life threatening condition that occurs when arteries that supply blood and oxygen to the brain are blocked or burst
- ♥ Higher risk of developing chronic kidney disease, with 1 in 5 adults who have high blood pressure ending up with the disease

Don't let high blood pressure get you down. Make lifestyle changes and seek treatment to help keep it in a lower, healthier range.

*Source: Center for Disease Control and Prevention, U.S. Department of Health and Human Services*



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