

Mission In Motion

Health & Wellness
Tip of the Week
Week 50



December 9, 2013

Good things come to those who wait—except when it comes to your blood pressure check. Left uncontrolled, it can greatly increase your risk of stroke, heart attack and heart and kidney failure. Early diagnosis and treatment of high blood pressure are essential to your good health, so make sure you check it regularly. It's a good thing not to wait.

Source: National Heart, Lung and Blood Institute

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