



**1 IN 4 NEW YORKERS
HAS HIGH BLOOD PRESSURE.
ARE YOU ONE OF THEM?**



Get your blood pressure checked regularly at your neighborhood pharmacy or doctor.

High blood pressure doesn't usually have noticeable symptoms.
If uncontrolled, it can lead to heart attack or stroke.

Call 311 or visit nyc.gov/health and search "**high blood pressure**".



Office of the Mayor
Mary T. Bassett, MD, MPH
Commissioner