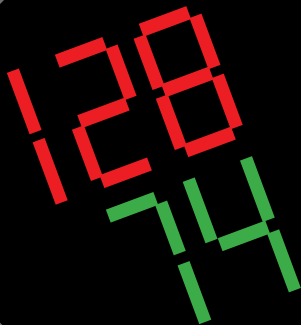


# PUT THE SQUEEZE ON HIGH BLOOD PRESSURE



***If you have diabetes, controlling your blood pressure can help protect you from heart attack, stroke, blindness and kidney disease***

- Track your blood pressure and share with your doctor
- Medicines can make a difference... if you take them
- Eat healthy and be active
- Avoid salt
- Do not smoke



**Minnesota Diabetes &  
Heart Health Collaborative**

*The Minnesota Diabetes and Heart Health Collaborative: Working together to keep you informed*

**[www.mn-dc.org](http://www.mn-dc.org)**

Adapted from the Minnesota Diabetes and Blood Pressure Performance Improvement Plan postcard