



**AWARENESS
SAVES LIVES**

May is High Blood Pressure Awareness Month & American Stroke Month

The month of May is High Blood Pressure Education Month and American Stroke Month, a time to raise awareness about these two potentially life threatening health conditions, how they're related, and how programs like the **Y's Blood Pressure Self-Monitoring Program** can help you to manage high blood pressure and lower your risk of stroke.

According to the American Heart Association, 32.6 percent—about 80 million adults—have high blood pressure and less than half have it under control. Chronic high blood pressure eventually damages blood vessels throughout the body. When that happens, arteries can burst or clog more easily. A stroke occurs when blood flow to the brain is disrupted when a blood vessel either bursts or is blocked by a blood clot.

Research shows that the simple process of checking and recording your blood pressure at least twice a month over a four-month period, along with regular physical activity, proper nutrition and reducing sodium intake, may lower blood pressure in people with high blood pressure.

The Y's **Blood Pressure Self-Monitoring Program** is an evidence-based program that helps adults with hypertension lower and manage their blood pressure. The program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life.

The **Blood Pressure Self-Monitoring Program** is part of the YMCA of Metropolitan Milwaukee's updated portfolio of evidence-based chronic disease prevention programs that aim to improve the nation's health and

well-being by promoting health and wellness, supporting people in changing their lifestyles, reducing risk for disease and helping others reclaim their health. Other programs in this suite include:

- **YMCA's Diabetes Prevention Program**
- **Healthy Weight and Your Child (Childhood Obesity Intervention)**
- **Enhance Fitness (Arthritis Self-Management)**
- **LIVESTRONG at the YMCA (Cancer Survivorship)**
- **Moving For Better Balance (Falls Prevention)**

For more information on the **Blood Pressure Self-Monitoring Program**, or any of the other evidence-based health initiatives listed above, please contact Chantz Sawyer, Wellness Specialist for the YMCA of Metropolitan Milwaukee at csawyer@ymcamke.org, or visit ymcamke.org.



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