

Are You Sure You're Good?

Blood Pressure Is The One Thing You Can't Feel Until It's Too Late.

50% of men have high blood pressure. Most have no symptoms. Most don't know.

58% of Black adults have high blood pressure, among the highest rates in the world. For Black men, it often develops earlier in life than for other groups.

Three out of four adults over 60 have high blood pressure. If that's you, getting checked isn't a suggestion.

What the Numbers Mean

• Normal:	Less than 120/80 mm Hg
• Elevated:	120 to 129 / less than 80 mm Hg
• High, Stage 1:	130 to 139 / 80 to 89 mm Hg
• High, Stage 2:	140 or higher / 90 or higher mm Hg

Your goal: below 130/80 mm Hg



What You Can Do

- Reduce salt in your diet
- Stay physically active
- Maintain a healthy weight
- Manage stress
- Take prescribed medication as directed
- Monitor your blood pressure at home

At Sam Rodgers, you can get coordinated care from a team that understands the people we serve. Our award-winning medical home model brings care together in modern, welcoming spaces, with services available regardless of insurance or ability to pay.

Are you sure you're good? Let's find out.

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