

# Managing Your Blood Pressure

with support from SASH®

## WHY?

High blood pressure harms your health and quality of life. High blood pressure (or hypertension) can cause heart disease and stroke, which are both leading causes of death.

## HOW?

SASH® coordinators and wellness nurses can help you find ways to take care of your blood pressure. This includes discussing lifestyle changes and working with your health care provider.

**SASH coordinators and wellness nurses can help you with:**



Regular blood pressure checks via blood pressure clinics or cuff loaners

Sharing blood pressure results with your primary care physician



Referrals to blood pressure management classes, smoking cessation workshops, or local doctors

Food support, housing support, and stress management



Review of medications to make sure they're taken correctly

Individual health education and goal setting



### RATES OF CONTROLLED HYPERTENSION

69%

SASH Participants

48%

VT Older Adults

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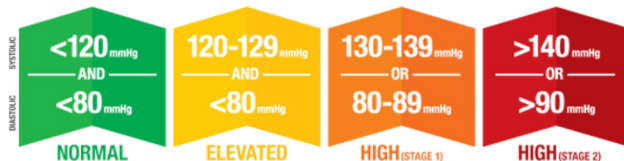
### HERE'S WHAT SASH PARTICIPANTS SAY:

I've lost 30 pounds since last year, and that's due a lot to the exercise programs they've offered here. I'm in a walking program, and we also have Tai Chi.

They have programs about stress, and it has helped. The main thing is you just learn everything to manage your stress.

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### HOW'S YOUR BLOOD PRESSURE?



To learn more about SASH and enroll, visit:  
[www.SASHVT.org](http://www.SASHVT.org)



SASH can help you sign up for a high blood pressure self management class at:  
[www.MyHealthyVT.org](http://www.MyHealthyVT.org)

**SASH®** a caring partnership  
SUPPORT AND SERVICES AT HOME

  
OneCare Vermont

**vna's**  
of Vermont

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