

May is National High Blood Pressure Awareness Month: Resources and Tools for Patients

To help spread the word about the dangers of uncontrolled hypertension--and what can be done about it--the National Heart Lung and Blood Institute (NHLBI) and the National High Blood Pressure Education Program have set up a special web site, which can be accessed through the NHLBI home page at <http://www.nhlbi.nih.gov>.

They also are offering a variety of materials to help Americans learn more about hypertension. The materials are:

- [*Facts About the DASH Diet*](#)*. DASH is an eating plan rich in fruits, vegetables, and lowfat dairy foods and lower in saturated fat, total fat, and cholesterol. It has been shown to reduce high blood pressure. The fact sheet gives an overview of the plan and a week of DASH menus.
- *Heart healthy recipes** from the NHLBI Stay Young At Heart Program, as well as special Latino and African American recipe books.
- *Controlling High Blood Pressure: A Woman's Guide**, which tells how to lower high blood pressure. A guide in Spanish* also is available.
- *(Facts About) How to Prevent High Blood Pressure**. This fact sheet gives an overview of hypertension.
- *Special booklets series for African Americans and Latinos on how to prevent and control cardiovascular risk factors. The Latino series is in Spanish and English.*
- *I.Q. Quizzes** about the Healthy Heart and Physical Activity.
- *For recorded messages about high blood pressure prevention and control, call toll-free 1-800-575-WELL.*