

♥ HEART HEALTH

An Amusing Look At A Serious Subject

(NAPSA)—Here's heartening news: More Americans may be better able to help their own health thanks to an obnoxious character with bad habits. He's Hiram "Hi" B. Presher, known for drinking to excess, smoking, and gorging on salty junk food—any of which can lead to high blood pressure.

Fortunately, he's not real. He's the personification of high blood pressure, and while you don't want him or it in your life, you would do well to follow him to the American Heart Association's new high blood pressure Web site—www.heart.org/hbp—to get the latest information on how to reduce your risk and treat the condition.

The site is an easy-to-use, interactive education center with resources, calculators and information about high blood pressure medications and treatment options, side effects and treatment success rates. It includes:

- **HBP Quiz:** "Can You Escape the Silent Killer?" tests your knowledge of high blood pressure facts and myths.

- **Blood Pressure Risk Calculator:** Learn how your blood pressure affects your risk of heart attack, stroke, heart failure and kidney disease and find out how lifestyle changes can reduce your risk.

- **Heart Profilers:** Create a free, personalized profile with this treatment decision tool. It helps you become more involved in your own care by reviewing treatment



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options, possible side effects, success rates and questions to ask your health care provider.

- **HBP e-newsletter:** Sign up to receive monthly e-mails with the latest blood pressure news, tips on managing your blood pressure and heart-healthy recipes.

The American Heart Association also provides ways for you to dialogue about high blood pressure. Whether you're at risk, want information about a loved one, are newly diagnosed or have had high blood pressure for years, visit AHA's social media accounts on Twitter (@AmHeartHighBP) and Facebook (HBPescapes).

The American Heart Association's high blood pressure Web site is sponsored by King Pharmaceuticals, Inc., Omron and Schering-Plough HealthCare Products, Inc.

To learn more or to see how you can help others live healthier lives, call (800) AHA-USA1 or visit www.heart.org/hbp.