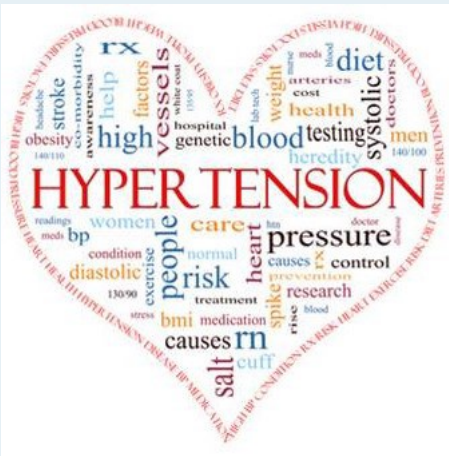


BLOOD PRESSURE SCREENING

It is important to get your blood pressure checked on a regular basis. High blood pressure can go undetected and is also known to be fatal.

This is your opportunity to get your blood pressure checked regularly and no appointment necessary.



Blood Pressure Condition	Systolic / Diastolic pressure (mm Hg)
Hypertension stage 4	210 / 120
Hypertension stage 3	180 / 110
Hypertension stage 2	160 / 100
Hypertension stage 1	140 / 90
High normal blood pressure	130 / 85
Normal blood pressure	120 / 80
Low normal blood pressure	110 / 75
Borderline Hypotension	90 / 60
Serious Hypotension	60 / 40
Very Serious Hypotension	50 / 33



Napanee Area Community Health Centre

A part of Kingston Community Health Centres (KCHC)

BLOOD PRESSURE SCREENING INDIGENOUS HEALTH PROGRAM



LOWER Blood Pressure

150/90mmHg
↓
120/80mmHg

NAPANEE AREA COMMUNITY HEALTH CENTRE
DESERONTO SITE
344 Main Street

Blood Pressure Screening Clinic

Disease prevention
and management

Did you know:

- We can help you monitor and manage your blood pressure?
- Participants do not have to be a patient of the Napanee Area Community Health Centre to participate?
- BP Clinics are run by trained volunteers in the provision of healthcare?
- information can be shared with your primary care provider if deemed necessary?
- Napanee Area Community Health Centre has a clinic in Deseronto to do just that?

Blood Pressure clinics are held on the second and second and fourth Tuesday of each month from 1:30—3:30 pm.

Have you or a family member already been diagnosed of any of the following risk factors?

- High Blood Pressure
- Atrial Fibrillation
- Heart Attack
- High Cholesterol
- Diabetes
- Kidney Disease
- COPD

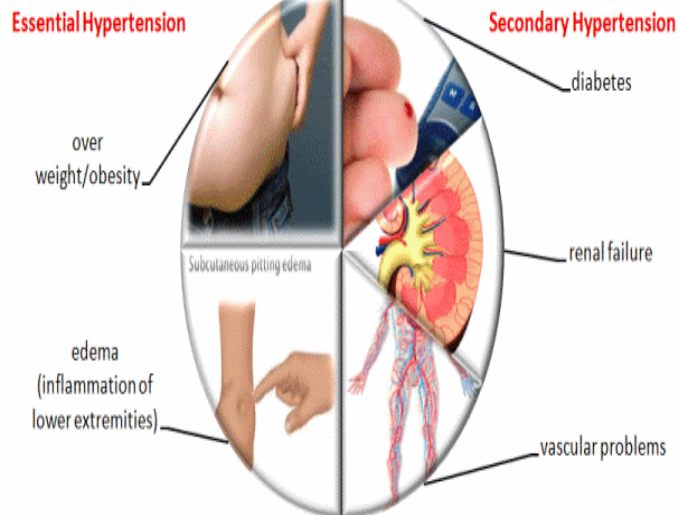
Do you have Indigenous Ancestry?

High blood pressure is a growing health problem among Canadians and it can go undetected with fatal consequences. The Indigenous population are at a high risk.

RISK FACTORS



Signs of High Blood Pressure



<http://papahealth.com/>

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