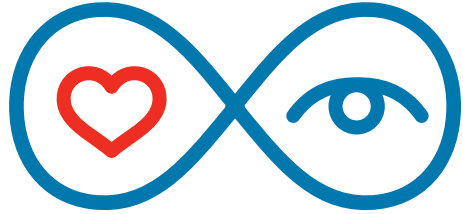


MAGNET HERE

DID YOU KNOW?

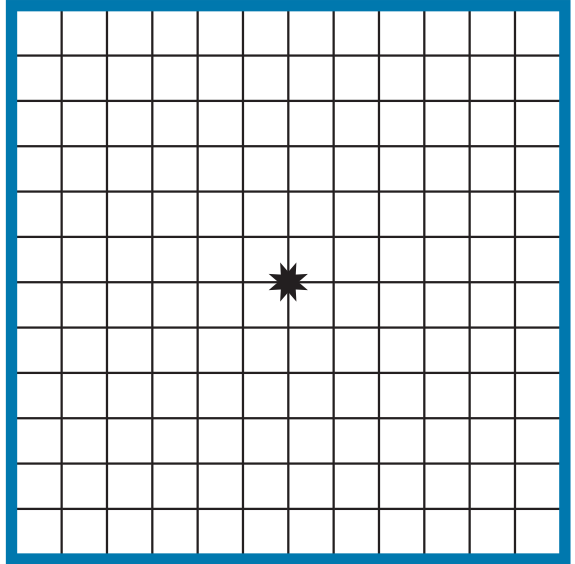


- Your **heart health** and **vision health** are connected, and a nutritious diet and regular exercise benefit both.
- High blood pressure may increase the risk of developing some forms of glaucoma and macular degeneration. These two eye diseases affect the vision of over 10 million people in the U.S., and nearly one in three adult Americans has high blood pressure.
- Because there are no symptoms, nearly one-third of people with high blood pressure don't know they have it. The only way to tell is to have it checked by a healthcare provider.
- Irreversible vision loss from glaucoma and macular degeneration may also occur without symptoms. However, catching and treating the problem early can prevent vision loss and slow or stop its progress.
- Schedule regular eye exams – at least one every 2 years – and visit your healthcare provider each year. *(Your providers may recommend you visit more often.)*



Amsler Grid Test for Macular Degeneration

Cover one eye and focus only on the star in the center of the grid. If any lines are missing, or they appear wavy or discolored, contact an eye doctor immediately. This test should NOT replace regular eye exams.



For more information on eye disorders call the **American Health Assistance Foundation** (AHA) at **1-800-437-2423** (tell operator keyword "vision-heart") or visit www.ahaf.org.

Blood Pressure Tracker

Check your blood pressure and weight regularly, and make a plan with your doctor for keeping both numbers at or below where they need to be. Use this tool to keep track.

My target blood pressure: _____ My target weight: _____

Medication(s)/Dosage I am taking: _____

Date	Blood Pressure	Weight	Notes/How I feel

For more information on controlling high blood pressure call the **American Heart Association** (AHA) at **1-800-AHA-USA1** (tell operator keyword "vision-heart") or visit www.americanheart.org.