

BLOOD PRESSURE & S.W.E.R.M

As part of your overall health care it is important to monitor your blood pressure at least annually; in the event that you already have high blood pressure it is important to monitor it based on your medical doctors' advice.

As with any health condition, early detection can prevent unnecessary damage. A thorough eye exam is important to early detection of many health complications, high blood pressure being one of them.

The blood vessels in your eyes are examined as part of your full eye health exam. New technology, **Digital Retinal Imaging**, provides us with the opportunity of keeping a digital record of what your eyes look like at the time of your exam and any changes from appointment to appointment.

SWERM:

- **Salt** - control salt intake – 2000 mg/day is good, 1500 mg/day is best
- **Weight** - control weight
- **Exercise** - increase your exercise
- **Relaxation** - increase your relaxation
- **Medication** - may be prescribed by your medical doctor if your blood pressure is not controlled by the previous 4 areas