

Did You Know?

- **Blood pressure is the force of blood pushing against the walls of the blood vessels, especially the arteries. Arteries carry blood away from your heart to other parts of the body.**
- **When your heart beats, it sends blood into your arteries. This is when your blood pressure is the highest. This is the top number in your blood pressure reading and is called systolic pressure.**
- **When your heart is at rest, your blood pressure is lower. This is the bottom number in your blood pressure reading and is called diastolic pressure.**
- **When you have high blood pressure, blood pumps with too much force against your arteries. Too much pressure can cause you to have a heart attack or stroke.**

What You Can Do to Prevent or Treat High Blood Pressure

- **Have your blood pressure taken on a routine basis. See a health care provider regularly.**
- **Make changes to your diet to reduce salt intake.**
- **Eat more potassium rich foods such as bananas, sweet potatoes and low-fat milk.**
- **Exercise.**
- **Lose weight if you are overweight.**
- **Limit alcohol.**

Blood Pressure Clinics

BRISTOL-BURLINGTON HEALTH DISTRICT
240 Stafford Avenue
Bristol, Connecticut 06010-4617
Tel. (860) 584-7682 • Fax (860) 584-3814
www.bbhd.org

Blood Pressure Clinic Services

- **Medication review**

- Blood pressure taken
- Referral to health care provider if necessary

All services provided by a BBHD registered nurse.

- **Burlington Location:**
Burlington Town Hall
Senior Center
200 Spielman Highway
Burlington, CT 06013
- **Burlington Hours of Operation:** The third Monday of every month from 12:00 p.m. to 1:30 p.m.
NOTE: EXCEPT HOLIDAYS
- **Bristol Location:** Bristol-Burlington Health District
240 Stafford Avenue
Bristol, CT 06010
- **Bristol Hours of Operation:** The second and fourth Thursday of the month from 10:00 a.m. to 12:00 p.m.
NOTE: EXCEPT HOLIDAYS
- **Fee:** These clinics are **FREE** of charge.

- Are overweight
- Eat a diet high in salt and sodium
- Drink a lot of alcohol.
- Factors like age and gender can also increase your risk for high blood pressure

NOTE: The Bristol-Burlington Health District will maintain your blood pressure record. You will also receive a blood pressure card that will be used to record your blood pressure readings at each visit.

For more information about the blood pressure clinics, contact the Bristol-Burlington Health District office at 860-584-7682.

Clinic Information

- **Eligibility:** Burlington and Bristol residents 18 years of age or older. You may refer yourself or be referred by a health care provider.

Are You At Risk for High Blood Pressure?

You are at risk for high blood pressure (hypertension) if you:

- Have a family history of high blood pressure
- Are physically inactive