



Maintain good blood pressure from the comfort of your home

What is high blood pressure?

High blood pressure (hypertension) is the steady high force of blood through your vessels. It can lead to health problems like stroke, vision loss and heart failure.

Healthy blood pressure is key to a healthy pregnancy

Maintaining a healthy blood pressure is especially important during pregnancy. Hypertension during pregnancy can harm you or your baby's life and lead to:

- Low birth weight.
- Premature birth.
- Injury to your brain, heart, lungs and other major organs.
- Future cardiovascular disease.

Free tools to help prevent disease

We have a limited supply of free blood pressure cuffs. To learn more, contact your Health Minister or Sharon Scarpett Aburto at sscarpettaburto@tpchd.org or (253) 722-7418.

Learn how you can monitor your blood pressure at home: youtube.com/watch?v=rAwliNWe1bl.



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities