



Hypertension: High Blood Pressure (Health Series) (Volume 2)

GetWell Education, Sara Jones

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In this series readers will learn to prevent illnesses as well as listen to their own symptoms. High Blood Pressure is a serious condition that influences your quality of life as well as longevity. Blood pressure readings may vary during the day and symptoms may not always be present. This booklet will help you understand the concept of hypertension and prevent damages caused by high blood pressure. Resources: American Heart Association Mayo Clinic Center for Disease Control

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