Social Media Posts

Post Content

Men, is your body running on overdrive? If so, it may be time for a checkup. Heart disease is the leading cause of death for men in the U.S., and one risk factor is high blood pressure. Know your numbers, especially if you have any heart disease risk factors.

https://www.cdc.gov/bloodpressure/ https://www.floridablue.com/menshealth

Men, is it time for a tune-up? Heart disease can be silent – meaning you could have it and show no symptoms. Black and Latino men tend to have higher rates of heart disease than white men. Catching problems early is important and checking your blood pressure is a good place to start. Learn more about men and heart disease and know your numbers.

https://www.cdc.gov/heartdisease/men.htm https://www.floridablue.com/menshealth

Suggested Image

Check your blood pressure -

it's easy and free at many pharmacies and grocery stores. A normal blood pressure is lower than **120** over **80**.

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These things increase the risk of heart disease:

- Smoking
- High blood pressure
- Diabetes
- (i) Obesity
- Family history of heart disease

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