



PROCLAMATION

WHEREAS high blood pressure is a major cause of coronary heart disease and stroke and contributes significantly to kidney disease, especially in older Americans . . .

WHEREAS the thousands of national and local organizations that work for high blood pressure control can be justifiably proud of the gratifying results of reducing stroke deaths by 60 percent and coronary heart disease deaths by 53 percent . . .

WHEREAS an estimated 50 million Americans have high blood pressure and two-thirds of those who have it are aware of their condition, but despite great progress, only about one in four persons with hypertension are controlling their condition . .

WHEREAS people with uncontrolled high blood pressure risk premature illness or death from stroke, coronary heart disease, or kidney failure and people who effectively control the condition can lead normal, healthy lives . .

WHEREAS scientific evidence now shows that lifestyle changes of salt reduction, eating more fruits and vegetables, weight reduction, alcohol reduction, and increased physical activity can not only help control hypertension but also prevent blood pressure from rising and may even prevent the disease altogether . . .

THEREFORE, as _____, I proclaim the month of May as National High Blood Pressure Education Month, and I strongly urge all civic, scientific, medical, educational, voluntary, and health care organizations and professionals to join me in using this month—and the months and years to come—to educate the public, patients, and health care professionals about the prevention, detection, treatment, and control of high blood pressure.

FURTHERMORE, I strongly urge you, my fellow citizens, to have your blood pressure checked regularly and, if it is high, seek and follow your physician's advice.

Signature

Date