

## Topic: Hypertension

"My doctor and my spouse are always wanting to follow up on my blood pressure or get me to take medicine. I feel fine and don't like taking pills. Why is this such a big deal? More importantly, what can I do to be left alone!"

See links for more information.

Article Links:

[High Blood Pressure \(Hypertension\): Causes and Symptoms \(clevelandclinic.org\)](https://www.clevelandclinic.org/health/condition/high-blood-pressure)

[Managing Your High Blood Pressure \(Hypertension\) – Symptoms & Treatment | Carle.org](https://www.carle.org/healthcare/faith-community-health/managing-your-high-blood-pressure)

Faith Community Health at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email [FaithCommunityHealth@carle.com](mailto:FaithCommunityHealth@carle.com).



Carle Faith Community  
Nursing Network