

**THE ADVENTURES  
OF JAMES & TONY!**

REACH OUT

**1ST  
ISSUE**



# REACH OUT

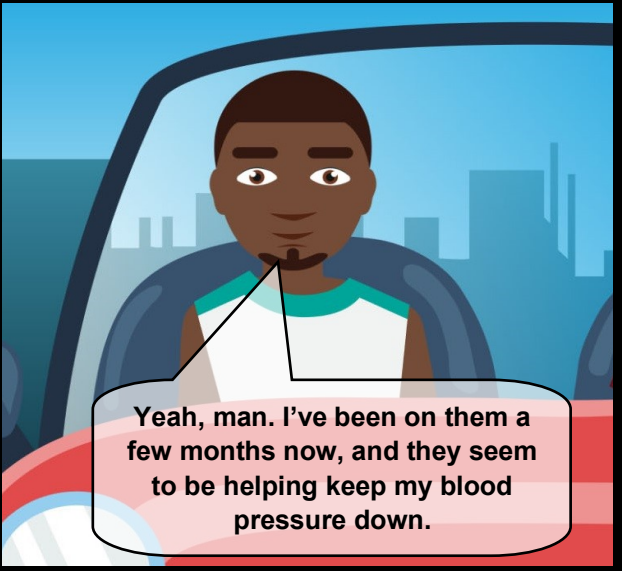
For Lower Blood Pressure



**WE'VE TAKEN  
CONTROL...**

**OF OUR  
BLOOD  
PRESSURE,**

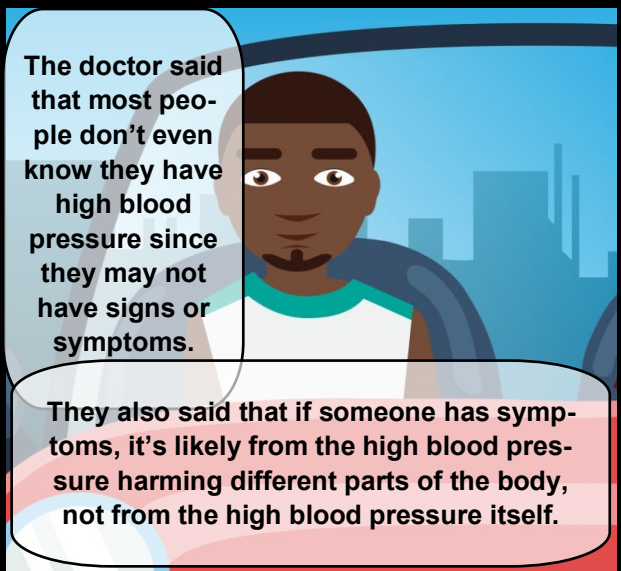
**AND YOU CAN TOO!**





How'd you even know you had high blood pressure? Seems way too early to worry about that.

That's what I thought too. But, when I was in the ER for the flu, they told me I had high blood pressure.



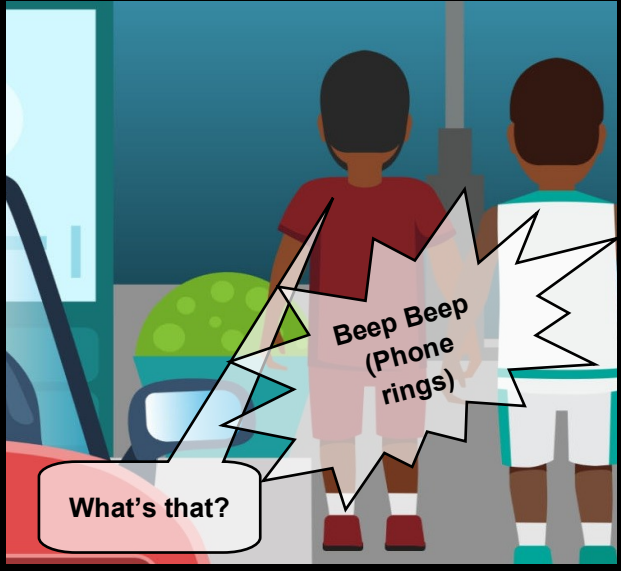
The doctor said that most people don't even know they have high blood pressure since they may not have signs or symptoms.

They also said that if someone has symptoms, it's likely from the high blood pressure harming different parts of the body, not from the high blood pressure itself.



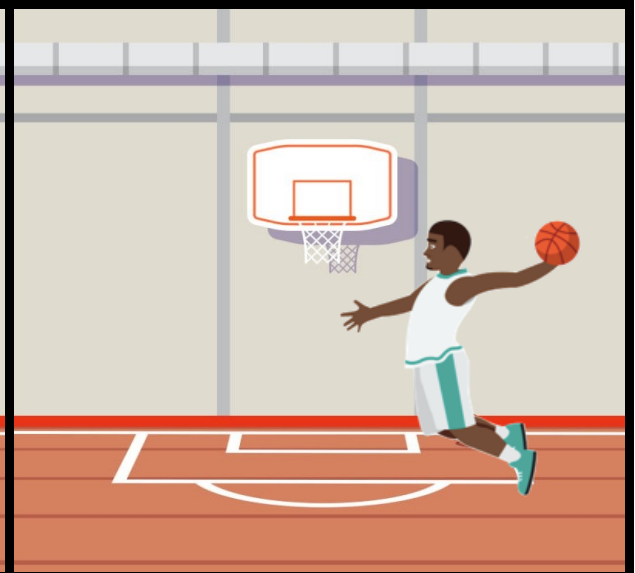
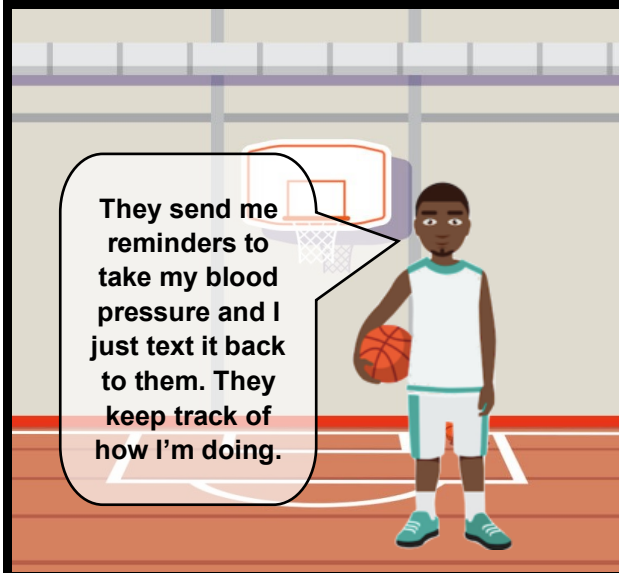
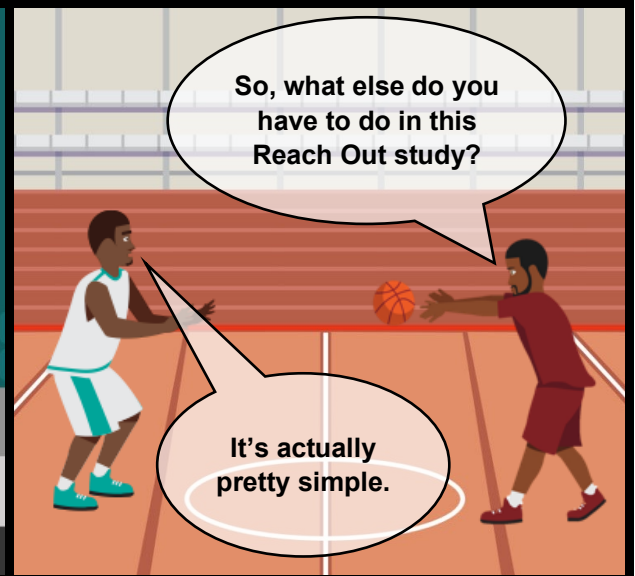
So, he gave you medication?

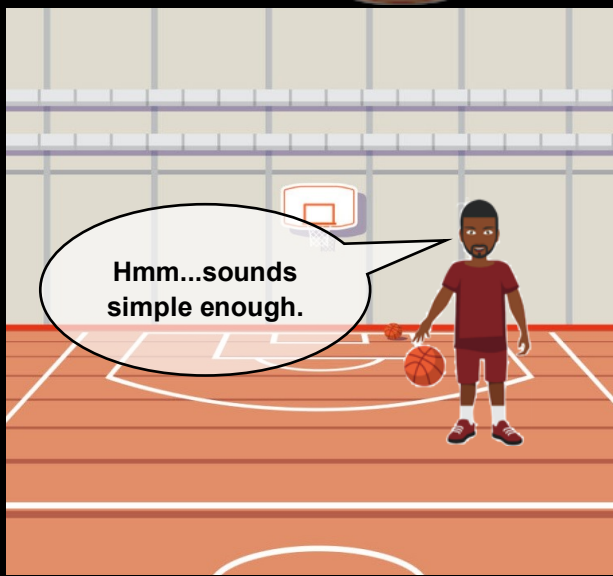
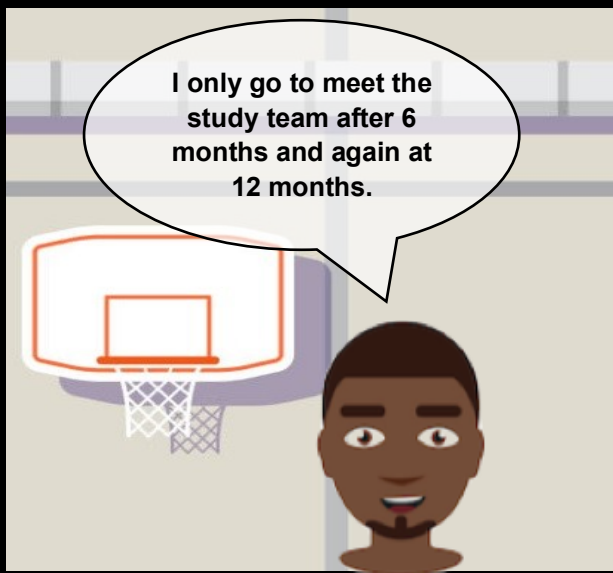
Yeah, we decided it was best. He also told me about this study called Reach Out. It helps me manage my blood pressure in some really cool ways.

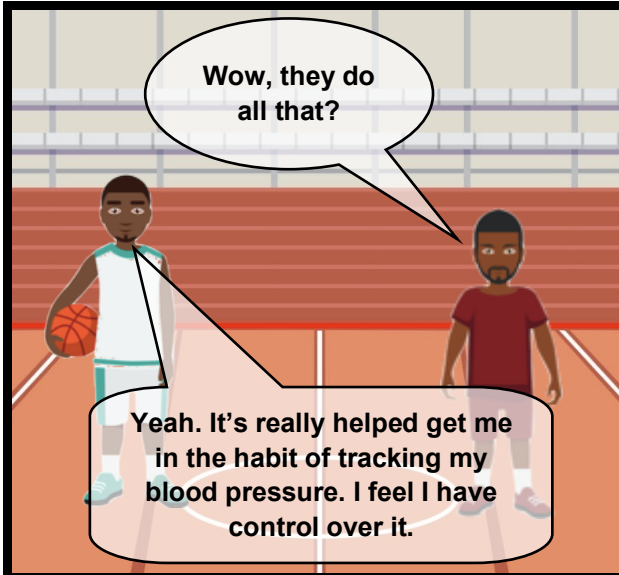


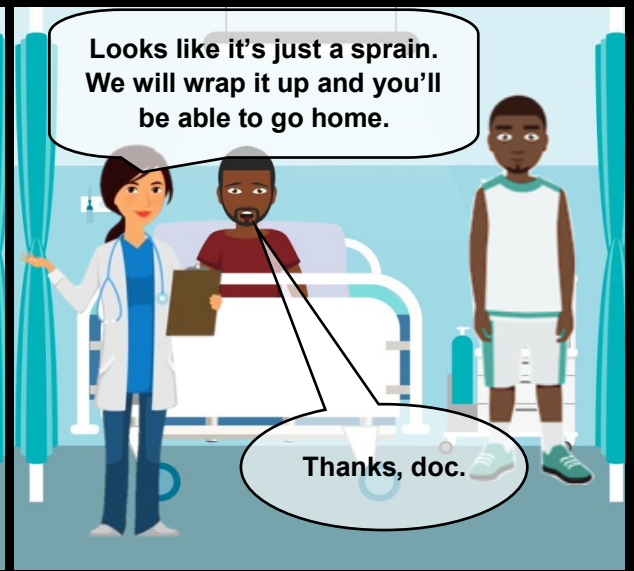
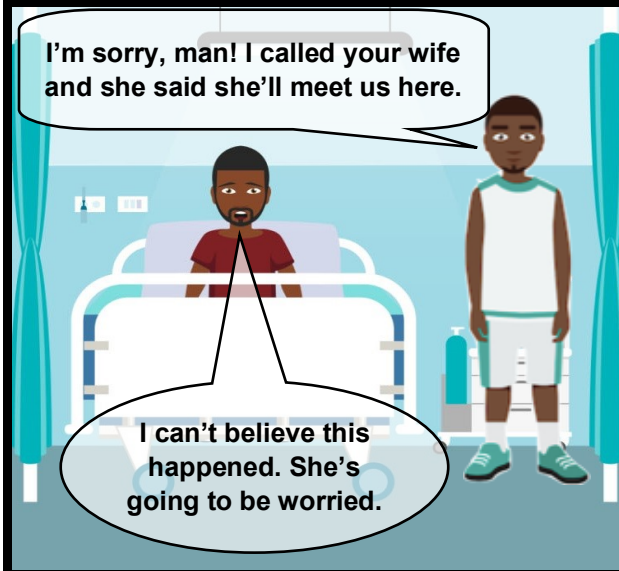
Beep Beep (Phone rings)

What's that?











Tony, you ok?!

I'm fine, Mary. It's just a sprain.



Is that true, doctor?

Yes, the ankle should heal quickly.



I did want to talk to you about something else though. I noticed that your blood pressure is higher than it should be.

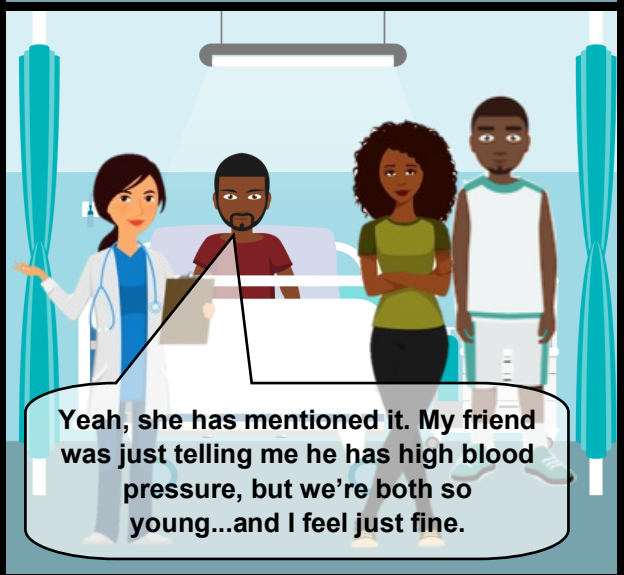


How can that be? He's always been healthy.

Unfortunately, high blood pressure doesn't always show symptoms, but it's important to keep it under control.



Has your regular doctor ever talked to you about this?



Yeah, she has mentioned it. My friend was just telling me he has high blood pressure, but we're both so young...and I feel just fine.





What's so bad about having high blood pressure?



High blood pressure increases your risk for stroke and heart disease.



Wait, am I going to get sick? I have to stay healthy so I can be around for my kids!



The good news is that there's a lot you can do to help bring your blood pressure down.



Being more physically active is a good first step, but if you can make it a regular part of your routine, it would help even more.



I guess I can try to work out more often.



Another thing you could do is eat a healthy diet with more fruits and vegetables, less salt, and less foods high in fat.



If you smoke, quitting is a way to improve your health.



Also, if you drink alcohol, limiting to 1-2 drinks each day is another way to work towards getting your blood pressure back into the healthy range.



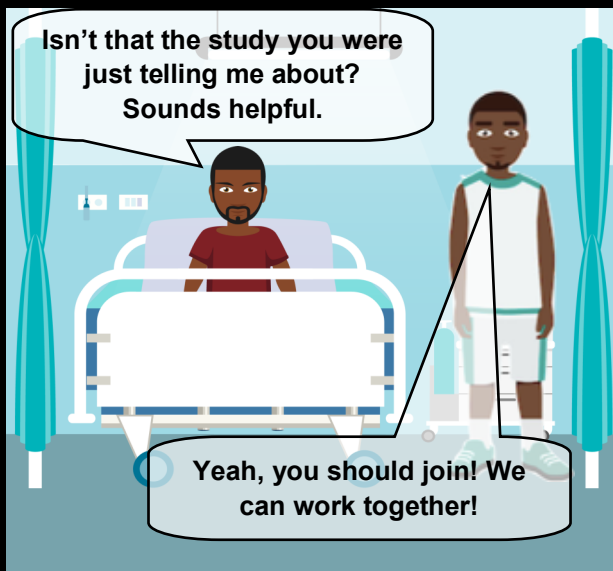
I'd also like to talk to you about this research study that's looking for participants.



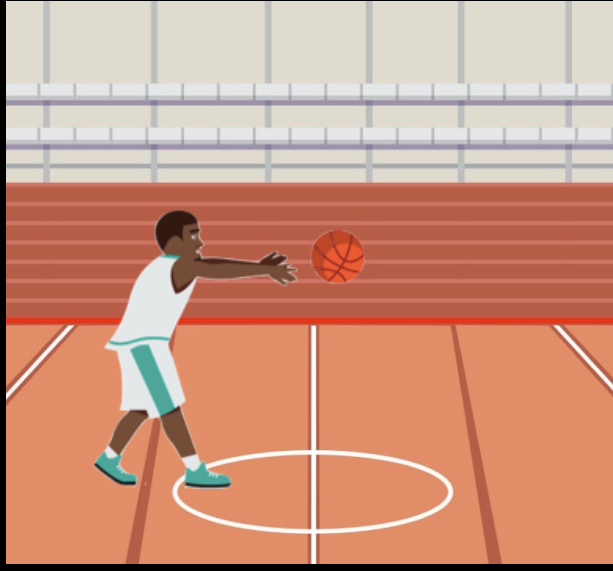
They can help give you some tools and motivation to make healthy changes to lower your blood pressure.

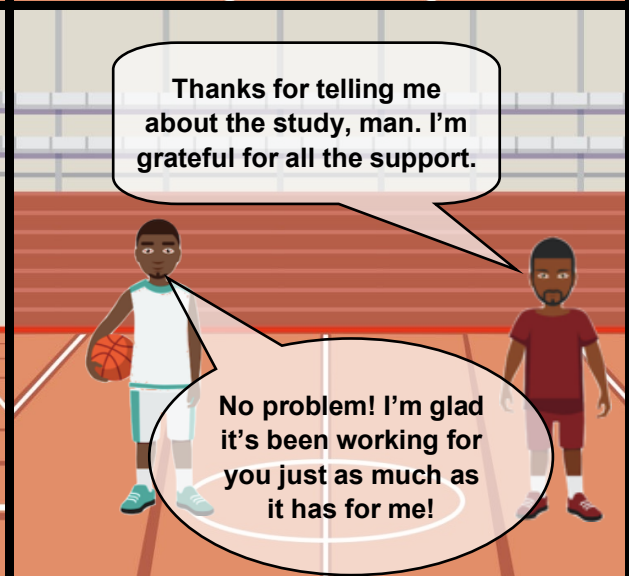


It's called Reach Out.



A few months later...





THE END