今天我要：

按医生的处方服用降压药。

去药店或者在家测量我的血压。

如果我有关于血压或降血压药的问题，咨询药剂师或医生。

每周至少做2小时30分钟的运动。

采用低钠饮食，吃大量全麦食物，低脂乳制品，以及至少五份水果蔬菜。

www.med.nyu.edu/asian-health/research/reachfar

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My Heart My Responsibility

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