



# Get the Facts, Gain Control

A Program from Novartis

## Get the facts about your numbers

For free blood pressure screenings and helpful information about reducing your heart disease risks, visit the **Stop, Drop, and Control** exhibit at the **Boston Health & Fitness Expo, June 27-28 from 10 AM - 5 PM, at the Hynes Convention Center in Boston, MA.**

**Get tested:** Knowing your numbers is the first step toward taking control of your health.

**Get your numbers:** Find out if you are at risk.

**High blood pressure affects approximately 1 in 3 adults.<sup>1</sup>** Usually there are no symptoms. You can have hypertension for years without knowing it, while it damages your heart, blood vessels, and other parts of your body.<sup>1</sup>



**A first step toward reducing your risks associated with high blood pressure is “testing.” Come to the health fair where you can:**

- Get free blood pressure screenings
- Learn all about the dangers of high blood pressure
- Identify your personal health risks and actions that can reduce your risk of heart attack and stroke
- Take a tour of the inside of a blood vessel (**Certain venues only**)
- Learn if you are at risk and how you can **Stop, Drop, and Control** high blood pressure

**Log on:** Learn how to Stop, Drop, and Control high blood pressure at <http://www.stopdropcontrol.com>.

**Stop, Drop, Control®** is a high blood pressure awareness and community health outreach program developed as a partnership between the International Association of Fire Fighters (IAFF) and Novartis Pharmaceuticals Corporation, a global leader in antihypertensive products for over 40 years.

**Reference: 1.** National Center for Health Statistics. *Hypertension Awareness, Treatment, and Control—Continued Disparities in Adults: United States, 2005-2006*. NCHS Data Brief No. 3. <http://www.cdc.gov/nchs/data/databriefs/db03.pdf>. Accessed April 2, 2009.

