

HYPERTENSION (High Blood Pressure) Information Guide

WEBSITES

BLOOD PRESSURE ACTION PLAN

http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b_3582093/k.8AB3/Blood_Pressure_Action_Plan.htm

HYPERTENSION CANADA

<http://hypertension.ca/>

DASH DIET

www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

YOUR GUIDE TO LOWERING HIGH BLOOD PRESSURE

<http://www.nhlbi.nih.gov/hbp/>

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/highbloodpressure.html

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

COMMUNITY CONTACTS

Heart and Stroke Foundation of Ontario

2-1373 Victoria St. N.
Kitchener, ON N2B 3R6
Phone: (519) 571-9600

Website: www.heartandstroke.on.ca



www.kpl.org

KPL
KITCHENER
PUBLIC
LIBRARY

Main Library
85 Queen Street North
519-743-0271

Country Hills Library
1500 Block Line Road
519-743-3558

Pioneer Park Library
150 Pioneer Drive
519-748-2740

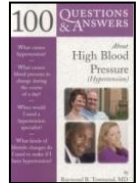
**Grand River
Stanley Park Library**
175 Indian Road
519-896-1736

Forest Heights Library
251 Fischer-Hallman Road
519-743-0644

BOOKS & DVDS

100 questions & answers about high blood pressure

Raymond Townsend **2008**
[616.132 Towns](#)



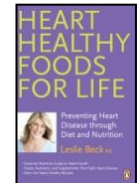
Bringing down high blood pressure

Chad Rhoden **2010**
[616.13206 Rhode](#)



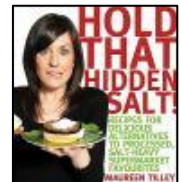
Heart healthy foods for life

Leslie Beck **2009**
[616.1205 Beck](#)



Hold that hidden salt! : Recipes for delicious alternatives to processed, salt-heavy supermarket favourites

Karen A. Levin **2011**
[641.46323 Tille](#)



Learning and understanding about hypertension: The silent killer

AnimedHealth **2008**
[DVD 616.13206 Learn](#)

