

Hypertension

B M G J J L W N O I T C U D E R T H G I E W P X
L N Y T I Z A E G O K E J P S H K Q V D V M T V
O L V I I S I Q T A E O I C I N G B R J B P N O
O U P U I Z Z K P Y A H J D L E K H B Y H H O W
D S A W V N C V X B X Z V M A A C P L F S A I L
P X S O M E S A E S I D Y E N D I K T W U N O M
R P P T R H X T E I D H S A D E Q I W G C I L V
E C B C R R F Q A J H B L K T R G L W R W U S O
S U Q P O E F Y W E K O R T S K X H E S U E Z L
S T J F V W S H Q R F Q C A R D I A C B X M O W
U I U X F O C S E M T M W P B R S F Z E L B M O
R C N Y Z S T P C R I A D C N E A S R W J F Q T
E V A C L X I E O O Q E P L F S Y C A Z J E G C
I D F M S J W T G I N V M I N T I Y G W P C I N
I X Q I A O C C G L V T B Z G S H G T B U L A H
N L Z Q O A G O O A A E R R E F P R Y D O L M I
E E E E F B Q H K Q K B M O Q F G N I T B M G M
A N M K Q T O Y O P B T O J L S U A S G Y T S V
S I S N P C L O W F A T U I J N S Y I B C N M L
W I R U L M U I D O S W O L A T S H J A M Z Z Q
R C T A E O M V I V A I Z T O L V Y F G Q Z L O
Z A O O V S C H N D V G W L K H C W Q D U I N G
W N G S G R A Q W M C P I D E O O R B K F S L O
Y V C L F D J A F Q D C Z R L P C K J Z L T D V

Weight reduction
blood pressure
no alcohol
Dash diet
Cardiac
diet

kidney disease
Increase fiber
low sodium
Systolic
low fat

Stress control
risk factor
diastolic
Exercise
stroke