

# HEART

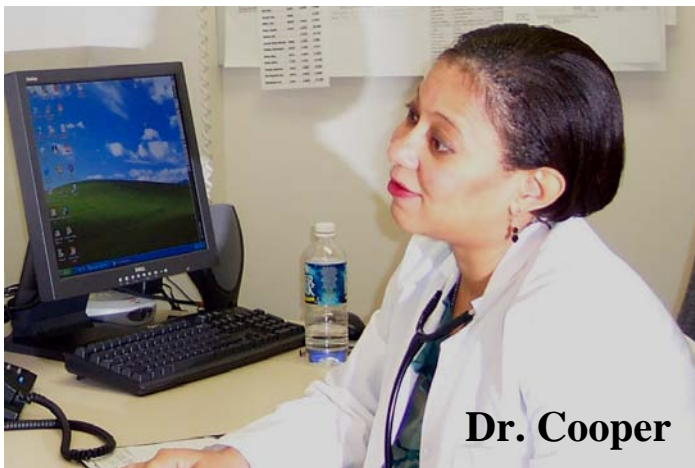
2



**Mrs. Johnson**

Mrs. Johnson is drinking more wine lately and skipping her medicine. What do you think Dr. Cooper will say?

LET'S WATCH.....



**Dr. Cooper**

***IN THE DOCTOR'S OFFICE***

**So Mrs. Johnson, why did you stop taking your blood pressure medicine when you drink wine?**

**I like drinking wine, but I don't want it to mess with my medication.**



**How much wine are you drinking, and how often are you drinking it?**

**I am drinking one glass of wine about every other day.**





**That amount of wine won't interfere with your medication, but drinking too much can be bad for your health.**

**Oh really... That is good to know. I just did not know what to do.**



**You should always take your medicine. Taking your medicine is very important to control your high blood pressure.**

**I know! I will take my medicine regularly. I really want to control my blood pressure and live a long life.**



**Great... and how are you doing with your diet and exercise?**

**Well, I try to eat well, but I can't exercise regularly.**



**Tell me what kind of food you eat on a normal day.**

**I try to eat more vegetables and I love fruits! I like oranges and apples; they are my favorites, and I stay away from eating salt.**





**Why can't you exercise regularly? Are you able to walk around your block at least once a day?**

**My knees bother me when I walk for a long time, but I can walk around my block and I can even go to a little park by my house. I can do that!**



**That's a good plan. Thank you for coming today, and remember that you have the power to control your blood pressure by doing what we discussed.**

**I know... thank you Dr. Cooper for caring about me. God bless you!!!**



***Will Mrs. Johnson follow Dr. Cooper's advice and control her high blood pressure?***

***STAY TUNED...***