Vinay A. Sunku M.D., INC

43932 15th STREET WEST SUITE 101 LANCASTER CA 93554
OFFICE: (661) 945-2299 FAX: (661) 945-2202

By treating high blood pressure, you can help prevent a stroke, heart attack, heart failure, or kidney failure. **What you must do is:** lose weight if you are overweight; eat a healthy diet that's low in salt and fat; take medicine the way your doctor tells you; know what your blood pressure should be and try to keep it at that level.

Name:_____

Date	Time	B/P	Pulse	Date	Time	B/P	Pulse	Date	Time	B/P	Pulse