

Station No.	Fire Station Location	Address
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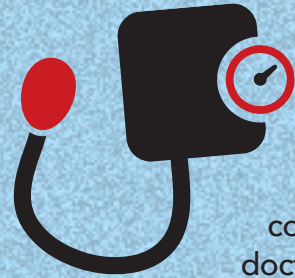
5	NE	257 N. Hillside
10	NE	2950 E. 21st St. N.
14	NE	6408 Farmview
18	NE	2808 N. Webb
1	NW	731 N. Main
3	NW	3261 N. Broadway
7	NW	2346 N. Coolidge
8	NW	661 N. Elder
13	NW	3162 W 42nd St. N.
16	NW	1632 N. Tyler
21	NW	2110 N. 135th St. W.
2	SE	1240 S. Broadway
9	SE	350 S. Edgemoor
11	SE	1845 George Washington Blvd.
15	SE	7923 E. Lincoln
19	SE	4440 S. Broadway
20	SE	2255 S. Greenwich
22	SE	2659 S. Hydraulic
4	SW	2423 W. Irving
12	SW	3443 S. Meridian
17	SW	10651 W. Maple

Post No.	EMS Post Location	Address
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3	NE	3002 E. Central, Wichita
5	NE	698 Caddy, Wichita
8	NE	501 E. 53rd N., Wichita
10	NE	636 N. St. Francis, Wichita
12	NE	3320 N. Hillside, Wichita
15	NE	2808 N. Webb, Wichita
45	NE	616 E. 5th, Valley Center
1	NW	2622 W. Central, Wichita
14	NW	4030 N. Reed, Maize
4	SE	1100 S. Clifton, Wichita
6	SE	6401 Mabel, Haysville
9	SE	1218 S. Webb, Wichita
11	SE	1401 N. Rock, Derby
EMS Office	SE	1015 Stillwell, Wichita
2	SW	1903 W. Pawnee, Wichita
7	SW	1535 S. 199th W., Goddard

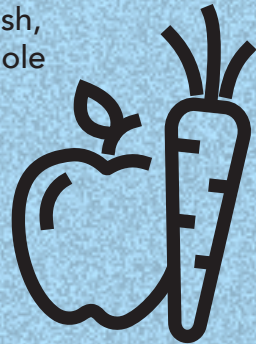
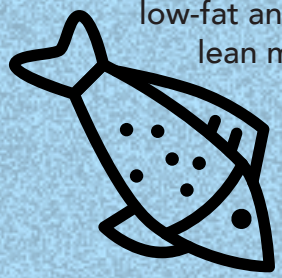
Uncontrolled hypertension increases your risks of acute cardiovascular events, such as heart attack and stroke.

- Measuring your blood pressure outside the doctor's office and relaying that information back to your doctor is extremely important because it makes you more aware of your level of control, and it allows your doctor to make changes to your medication regimen as necessary.

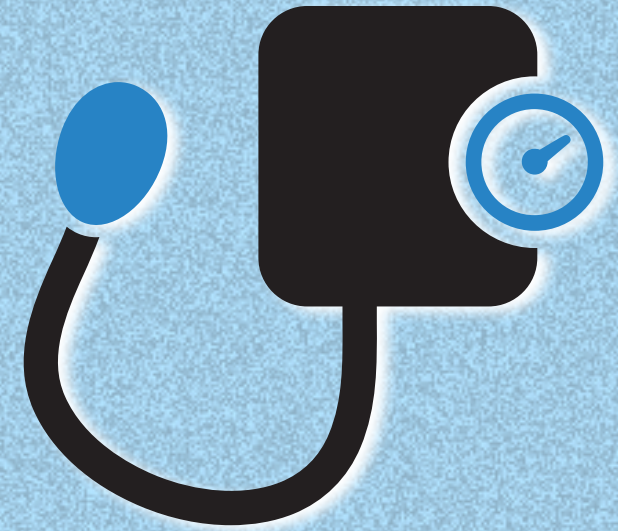


- Dietary recommendations to control high blood pressure:**

- o Keep sodium intake to 2,300 mg or less per day
- o Eat a plant-focused diet, including fruits and vegetables, nuts, low-fat and non-fat dairy, lean meats, fish, and whole grain.



Managing high blood pressure



Track your pressure yourself or find a place nearby to check it for you



Tear-off Blood Pressure Logs

DATE/TIME	BLOOD PRESSURE	HEART RATE (Pulse)
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		

DATE/TIME	BLOOD PRESSURE	HEART RATE (Pulse)
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		

DATE/TIME	BLOOD PRESSURE	HEART RATE (Pulse)
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		
DATE/TIME		
READING 1		
READING 2		
READING 3		
COMMENTS		

TEAR HERE

TEAR HERE

Check your blood pressure

High blood pressure (hypertension) is a leading risk factor for cardiovascular disease and stroke in the U.S, with nearly one-third of residents over 18 affected. One of the best ways to control high blood pressure is to regularly monitor it and provide the

information to your doctor. You can have your blood pressure checked 24 hours a day, 7 days a week, 365 days a year by a trained professional at **no charge** at any of these Wichita Fire Department or Sedgwick County EMS stations.

■ WICHITA FIRE DEPARTMENT STATIONS
 ● SEDGWICK COUNTY EMS POSTS



OTHER FIRE STATIONS AND EMS POSTS

Wichita Fire STATION 17,
 10651 W. Maple
STATION 21,
 2110 N. 135th St. W.

County EMS POST 6, 6401 Mabel, Haysville
POST 7, 1535 S. 199th W., Goddard
POST 8, 501 E. 53rd N., Wichita
POST 11, 1401 N. Rock, Derby
POST 45, 616 E. 5th, Valley Center

SEE REVERSE FOR FULL LIST OF STATIONS, POSTS AND ADDRESSES

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