

EXAMPLE OF MEDICAL INFORMATION WRITTEN FOR LAYPERSONS

(Note that this writing was scored to be readable at the 9th-grade education level, and colorful design was used so as to be appropriate for the intended target audience)



THINGS YOU SHOULD KNOW ABOUT HYPERTENSION (HIGH BLOOD PRESSURE)

- ✚ Hypertension is known as "the silent killer." This is because it causes a lot of different medical conditions that can be dangerous or even result in death.
- ✚ Hypertension is one of the leading causes of many chronic diseases in the United States.
- ✚ Hypertension usually has no symptoms. Your blood pressure can be very high and you might not even know it because you might not have any symptoms.
- ✚ Hypertension is usually a very manageable condition with proper medical care and monitoring.
- ✚ Hypertension is one of the commonest medical conditions among adults.
- ✚ Hypertension is diagnosed without causing you any discomfort and usually without the need for any complex medical tests. So, make sure you get tested for it.
- ✚ Hypertension can often be controlled with the right lifestyle changes. These include watching your diet, maintaining a healthy weight, and avoiding smoking. In cases where these things aren't enough to control your blood pressure, most of the time very simple and common medicines will do the trick.

- ✚ Even if you don't have hypertension, you should be checked by a medical provider at least once a year to be sure it hasn't developed. The sooner hypertension is detected, the easier it is to treat and less chance there is that it might cause some other medical problem!

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