B	I	N	G	O
Smoking reduces blood flow to legs/skin	Arm weakness	Decrease in salt intake = decrease in the risk of high blood pressure	Smoking affects the health of teeth/gums	Hypertension= low salt
Chronic kidney disease is irreversible	Smoking doubles a person's risk for stroke	Only need 1 kidney to live	BE FAST	Smokers life expectancy 10 yrs shorter than non smokers
Smoking and drinking alcohol can make kidney disease worse	Speech difficulties	**FREE**	Balance	Healthy foods=fruits and veggies
Healthy snack=nuts	Smoking and alcohol use increase high blood pressure	High Blood Pressure >130/>80	Facial Droop	Normal blood pressure 120/80
Diabetic diets=low sugar	Blurry vision	Smokers 2-4x more likely to get heart disease	Unhealthy foods=saturated fats	Chronic kidney disease is linked to high blood pressure

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B	I	N	G	O
Speech difficulties	BE FAST	Smoking affects the health of teeth/gums	Chronic kidney disease is irreversible	Only need 1 kidney to live
Decrease in salt intake = decrease in the risk of high blood pressure	Unhealthy foods=saturated fats	Hypertension= low salt	Blurry vision	Smokers life expectancy 10 yrs shorter than non smokers
Healthy snack=nuts	Balance	**FREE**	Healthy foods=fruits and veggies	Arm weakness
Facial Droop	Smokers 2-4x more likely to get heart disease	Smoking reduces blood flow to legs/skin	Chronic kidney disease is linked to high blood pressure	Smoking and alcohol use increase high blood pressure
High Blood Pressure >130/>80	Normal blood pressure 120/80	Smoking and drinking alcohol can make kidney disease worse	Smoking doubles a person's risk for stroke	Diabetic diets=low sugar

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B	I	N	G	O
Blurry vision	Smokers 2-4x more likely to get heart disease	BE FAST	Normal blood pressure 120/80	Balance
Smoking reduces blood flow to legs/skin	Healthy snack=nuts	High Blood Pressure >130/>80	Smoking doubles a person's risk for stroke	Hypertension= low salt
Smoking and drinking alcohol can make kidney disease worse	Chronic kidney disease is linked to high blood pressure	**FREE**	Smoking and alcohol use increase high blood pressure	Facial Droop
Speech difficulties	Smokers life expectancy 10 yrs shorter than non smokers	Smoking affects the health of teeth/gums	Unhealthy foods=saturated fats	Decrease in salt intake = decrease in the risk of high blood pressure
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