

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

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Smoking doubles a person's risk for stroke	Decrease in salt intake = decrease in the risk of high blood pressure	FREE	Smoking and drinking alcohol can make kidney disease worse	Healthy foods=fruits and veggies
Unhealthy foods=saturated fats	Smoking affects the health of teeth/gums	Smoking and alcohol use increase high blood pressure	can lead to Chronic kidney disease	Diabetic diets=low sugar
Healthy snack=nuts	Arm weakness	Smokers 2-4x more likely to get heart disease	Chronic kidney disease is linked to high blood pressure	Facial Droop