



Dear Parent:

Did you know...

- High blood pressure has **no signs or symptoms**.



- The only way to know if you have high blood pressure is to have a **doctor or health care professional** measure it.
- Blood pressure is measured using two numbers. The first number, called **systolic** blood pressure, represents the pressure in your blood vessels when your heart beats. The second number, called **diastolic** blood pressure, represents the pressure in your blood vessels when your heart rests between beats.

- A normal blood pressure is **lower than 120/80 mmHg**.

[https://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_bloodpressure.htm](https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm)

Your participation in this blood pressure study is important! Thank you for your participation!

Your next appointment will be in about 3 months – we hope to see you then! Feel free to call or text us anytime at 203-500-9620 (cell), 203-737-3843 (office), or 844-288-2344 (toll-free) or email us at [intergen.study@yale.edu](mailto:intergen.study@yale.edu).

Sincerely,  
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