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Janet Stefanski/Daily Nebraskan

Jackie Dendinger, a senior journalism major shows her shades downtown. The only way to control your high blood pressure is to stay on the *complete* program your doctor prescribes. Every day, no matter how you feel.

Don't follow just one part of your treatment and not the rest. If your treatment program is pills, weight control and less salt, do it all and do it daily.

High blood pressure. Treat it and live.





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