



## Keep It Simple!

Replace the multi-syllable words with shorter words or phrases that have the same meaning.

cardiovascular	
hypertension	
contusion	
epidermis	
intramuscular	
interdermal	
subcutaneous	
morbidity	
mortality	
regimen	
cellulitis	
diaphoresis	

Replace the passive phrases with active words that tell the patient what to do.

Lifestyle modifications are essential.	
Adopting a healthy lifestyle is critical for the prevention of hypertension.	
The AHA recommends taking a blood pressure reading with both arms and averaging the readings.	
Both patient and provider should refrain from talking during a blood pressure reading.	
Health care providers recommend that you limit sodium and salt intake.	