



## HYPERTENSION PENALTIES



### **Sexual dysfunction**

For some men, the decreased blood flow makes it difficult to achieve and maintain erections. For some women, this leads to a decrease in sexual desire or arousal, vaginal dryness, or difficulty achieving orgasm.



### **Stroke**

Uncontrolled high blood pressure can lead to stroke by damaging and weakening your brain's blood vessels, causing them to narrow, rupture or leak.

### **Eye Damage**

Retinopathy – The retina is a layer of tissue in the back of the eye. Too much pressure in the small blood vessels in this area can cause bleeding that can lead to blurred vision or complete loss of vision.



### **Dementia**

Dementia is a broad category of brain diseases that cause a long-term and often gradual decrease in the ability to think and remember.

**Ask Your UCT Truckers Health Coach Now.**



## UCT TRUCKERS HEALTH TEAM

It's your time more than ever to take to the field and tackle your chronic condition – turning the tide, taking charge of your health, and living life to fullest. **JOIN THE TEAM TODAY**

### HERE'S HOW IT WORKS:

- 1 Sign Up**  
Enroll and become a UCT Member.
- 2 Complete a self-assessment**  
Complete a self-assessment of your background, health needs, preferences, commitments and goals.
- 3 Personalized Health Plan**  
Based on your priorities and lifestyle, we work with you to create your Personalized Health Plan to reach your health goal.
- 4 Follow-up**  
Your UCT Truckers Health Coach coordinates and arranges for appropriate follow-ups with you and monitors your progress.

# JOIN

# UCT TRUCKERS HEALTH TEAM

Visit a UCT Clinic, call  
or text us for more info **(365) 338-8074**

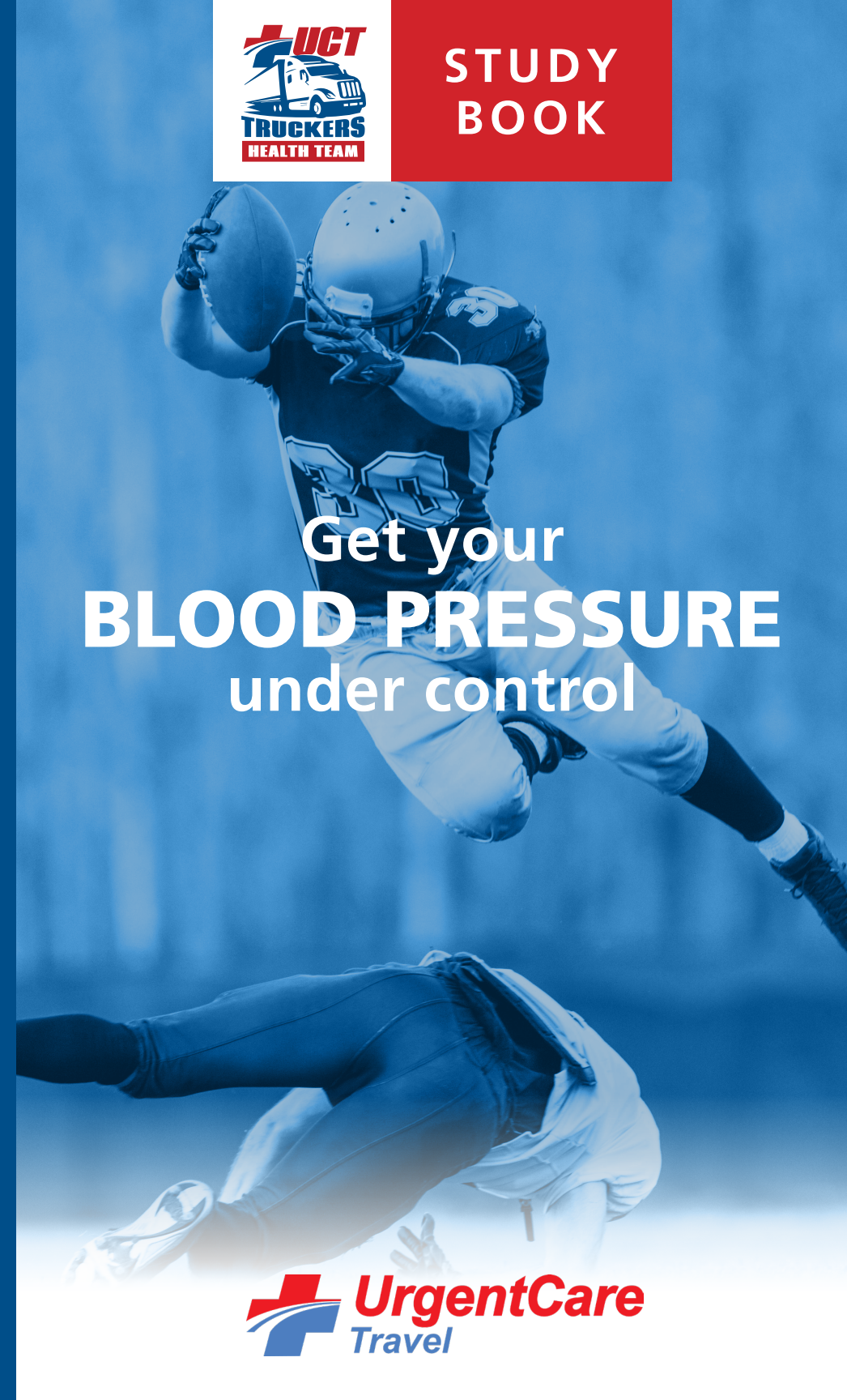


The Medical Clinic Network  
Located at Pilot Flying J



## STUDY BOOK

# Get your BLOOD PRESSURE under control







## HYPERTENSION

***I've been diagnosed with a chronic condition. Now what?***

The moment you get a chronic condition diagnosis, it can be very scary. It's likely that a lot of things are running through your mind, especially when you don't know what's coming next.

**Don't do it alone.**

Talking to someone about your diagnosis can help ease some of

the fear or frustration you may be experiencing.

UCT Trucker's Health Coaches are here to listen to you and to help you address your specific health needs.

You can rely on them as your coach in the field.

**Your UCT Health Coach is dedicated to helping you create your Personalized Health Plan**

Inspired by football's core pillars of teamwork, commitment, and determination, our Personalized Health Plan is created to help you become a pro in healthy living.

Your Personalized Health Plan educates and guides you on the changes and commitments you'll need to make to manage your chronic conditions and live healthy.



## HYPERTENSION

### ***Study Books & Play Books***

The "Study Books" and the "Play Books" are the key components of Your Personalized Health Plan to address your specific health needs.

You will be able to understand your specific condition and break down your health journey into small, manageable steps that make it simple to achieve your goals.



### **PENALTIES**

### ***The dangers of an untreated condition***

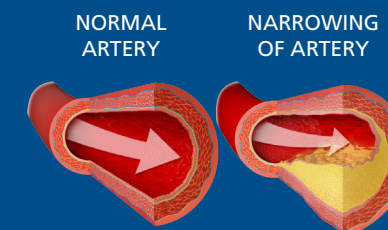
When players don't adhere to the rules of the sport, they can be hit with game-changing penalties - or even career-ending injuries. Just like the players, you can face penalties if you don't follow the rules and keep your body game day-ready at all times. You can even turn the tide on your condition, gain back lost ground, and feel better than ever, but you need to commit 100%, just like the best athletes.



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### ***Damage to your arteries***

High blood pressure damages the inner lining and the less flexible arteries that get rough edges do not allow the blood to flow as well. Then the fats in the blood get stuck along the rough inside of the arteries. Over time, the constant pressure of blood moving through a weakened artery can cause a section of its wall to enlarge and form a bulge (Aneurysm).



### ***Coronary Artery Disease***

Arteries around the heart can become narrowed and the vessels less elastic. This increases your chances of heart failure, heart attack and sudden death

### ***Kidney Damage***

When your kidneys are damaged, waste products and fluid can build up in your body. That can cause swelling in your ankles, nausea, weakness, poor sleep, and shortness of breath. Without treatment, the damage can get worse and your kidneys may eventually stop working.

**Source:**  
National Heart, Lung, and Blood Institute, [nhlbi.gov](https://www.nhlbi.nih.gov)

