

# Getting to Know Your High Blood Pressure

Presented by: Elizabeth Taber-Hight, DO, Assistant Professor of Clinical Medicine, Division of Nephrology and Hypertension at Indiana University School of Medicine

## Key Points:

- Lifestyle and non-pharmacologic changes to help your blood pressure
- Getting to know your drugs
- What do the numbers mean
- What to ask your doctor

### About the Presenter:

Dr. Taber-Hight chose nephrology for the complexity of the specialty and for her passion for improving the lives of kidney patients. She is a second generation nephrologist and has been engrained in the culture of helping those in need. Dr. Taber-Hight attended medical school at Touro University Nevada in Henderson, NV. She completed her residency at St Vincent Hospital in Indianapolis and followed by her nephrology fellowship at Indiana University. She is board certified in internal medicine.



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