

## Diet as a Means to Prevent and Control Elevated Blood Pressure

### Lawrence J. Appel, MD, MPH

Professor of Medicine, Epidemiology,  
and International Health (Human Nutrition)  
The Johns Hopkins Medical Institutions  
Baltimore, Maryland

#### UP TO 1 AMA PRA CATEGORY 1 CREDIT™

This activity is designed for cardiologists,  
primary care physicians, geriatricians,  
pediatricians, and other interested  
healthcare professionals.

(60 minutes)

