



Did you know 1 in 3 adults has high blood pressure? High blood pressure is a major health risk factor. It puts stress on your heart and kidneys. High blood pressure over time can increase your chance of having a heart attack, kidney disease, or stroke. Often, there are no noticeable symptoms associated with high blood pressure. Most people feel fine and are unaware that their heart and kidneys may be damaged. This is why high blood pressure is sometimes called "the silent killer." If you have high blood pressure, you can work with your health care provider to help reduce your numbers.

What is high blood pressure?

Hypertension is the medical term for high blood pressure. When you have high blood pressure, your heart works harder. The blood running through your arteries flows with too much force and puts pressure on your arteries. When this happens, your arteries are stretched past their healthy limit, which can cause small tears. Your body repairs these tears, but leaves scar tissue. Scar tissue can trap plaque and white blood cells causing blockages, blood clots, and hardened/weak arteries. Also, uncontrolled blood pressure means less blood can get to vital organs, and without that blood, organ tissue dies. This is why high blood pressure can lead to stroke, heart attack, kidney failure, and heart failure.

What's normal?

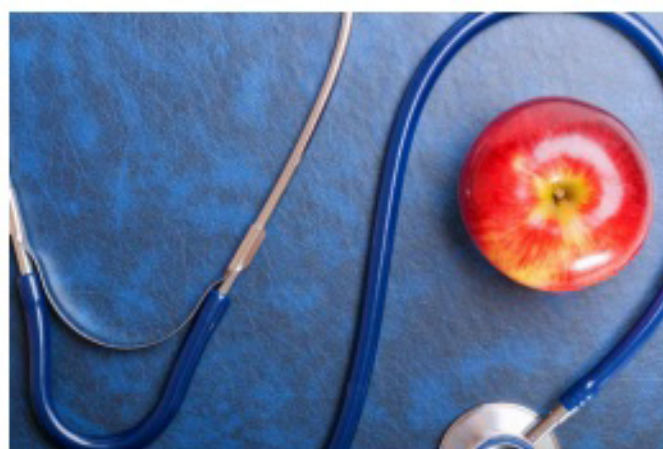


NORMAL BLOOD PRESSURE

Less than 120/80 mmHg

HIGH BLOOD PRESSURE

Determined by your healthcare provider



TOP NUMBER (systolic blood pressure)

Pressure when the heart beats

BOTTOM NUMBER (diastolic blood pressure)

Pressure when the heart rests

What Can I Do?

- Eat a healthy diet, low in sodium
- Enjoy regular physical activities
- Maintain a healthy weight
- Manage stress
- Limit alcohol
- Avoid smoking



This health information is being provided for general education purposes only. Your healthcare provider is the single best source of information regarding your health. Please consult your healthcare provider if you have any questions about your health or treatment.