



## DID YOU KNOW????

Approx. 1 out of 3 American adults have high blood pressure.

In the US, prevalence of hypertension is higher among blacks than whites.

Hypertension is a major risk factor for **Heart Failure** as well as for **Stroke**. It can also result in eye damage and kidney disease.

## Hypertension

### What is Hypertension (High Blood Pressure)?

Blood pressure is the force of blood against the artery walls in the body. Blood pressure normally rises and falls throughout the day. When it consistently stays high for too long, it is called hypertension.

Blood pressure is often written as two numbers. The top (systolic) number represents the pressure when the heart is beating. The bottom (diastolic) number represents when the heart is resting.

High blood pressure for adults is defined as a systolic blood pressure of 140 or higher, or a diastolic pressure of 90 or higher.

#### What are the symptoms of hypertension?

Usually, there are **no** noticeable warning signs or symptoms until other serious problems arise.

### ? What can you do to reduce your risk?

- Maintain a healthy weight
- Get regular exercise
- Keep a healthy diet
- Avoid tobacco and excess alcohol use
- Control diabetes
- Know your blood pressure level and check it regularly!

**Important! Hypertension can be prevented or controlled through lifestyle changes and with medication when needed!**