

WHAT IS HIGH BLOOD PRESSURE AND WHAT ARE THE RISKS?

Hypertension is a condition in which the force of the blood against the artery walls is too high.

- 1. High blood pressure can increase your risk to serious heart problems, such as heart attack and stroke.**
- 2. Most people with high blood pressure will no have signs, so symptoms can vary. Some people may have headaches or shortness of breath.**
- 3. Risk factors: age, family history, being overweight, not being active, diet, stress, and certain chronic conditions.**
- 4. 1 in 3 Americans adults have high blood pressure**
- 5. Make sure to stay in contact with your doctor and have monthly checkups**

YOUR HEALTH COMES FIRST