

Consequences of High Blood Pressure

High blood pressure (HBP) can injure or kill you.
when high blood pressure is uncontrolled, it can lead to:

STROKE

HBP damages arteries that burst or clog more easily.

77% of people who have a first stroke have HBP.

HBP increases your stroke risk by four to six times.

VISION LOSS

HBP can strain the vessels in the eyes.

HEART ATTACK

HBP damages arteries that can become blocked.

69% of people who have a first heart attack have HBP.

HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.

75% of people with congestive heart failure have HBP.

HEART ATTACK

HBP damages arteries that can become blocked.

69% of people who have a first heart attack have HBP.

KIDNEY DISEASE/FAILURE

HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.

HBP is the second-leading cause of kidney failure

ERECTILE DYSFUNCTION

HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

These conditions can happen over several years, but they can be prevented by controlling blood pressure.

Did You Know?

- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is \$46.4 billion.

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Change.
Control.™

For more information
heart.org/bloodpressure