

High blood pressure, or hypertension, is called the silent killer for a reason.

Treating high blood pressure can save more than your life.



Blood pushing against the walls of your arteries as blood travels from your heart, creates blood pressure. While blood pressure will normally rise and fall, if it stays high for too long and is untreated it can cause:



Vision Loss:

Blurry sight or worse.



Kidney Disease:

Not able to remove wastes and extra fluid from your body.



Sexual Problems:

Blood can't flow the way it should for sex.



Heart Failure and Heart Attacks:

Blood can't easily flow to the heart.



Memory Loss and Dementia:

Slow thinking and forgetting.



Stroke:

Blood to the brain is blocked.



Pregnancy Problems:

Disease or even death for mother and baby.



Peripheral Artery Disease:

Not enough blood can get to the arms and legs.

Please make sure your blood pressure is not too high!

Do you and your doctor have a plan to keep your blood pressure under control?

Don't have a doctor?

Go to the closest health center for excellent and affordable care: [Find a Health Center \(hrsa.gov\)](https://www.hrsa.gov)