



Take control of your blood pressure

Lifestyle changes can
help keep it in check

High blood pressure, also known as hypertension, is often called a “silent killer” because it may not show symptoms until it leads to serious problems, like heart attack, stroke, or kidney disease. That’s why it’s important to check your blood pressure regularly and take steps to lower it if it’s high.

50%

of adults in the U.S.
have high blood pressure and
many of them don’t even know
they have it.¹

1,400

average number of
people who die
every day from high blood
pressure – related causes.²

How high blood pressure affects the body

Blood pressure is a measure of the force of your blood flow pushing against the walls of your arteries. High blood pressure is when that force is too strong. This harms the artery walls and makes your heart and blood vessels work harder. Over time, high blood pressure can cause damage to the heart, brain, and other organs.





Controlling your blood pressure

These healthy habits can all work together to help lower blood pressure:

- Exercise regularly
- Get enough sleep
- Drink alcohol in moderation or not at all
- Take blood pressure medication, if your doctor recommends it
- Maintain a healthy weight
- Eat a heart-healthy diet
- Manage stress
- Quit or avoid smoking

Talk to your doctor about:

- Regular blood pressure checkups.
- Your numbers to better understand what they mean.
- Blood pressure medication and how to take it properly.
- Cough, cold, or flu medicines that can raise your blood pressure or interfere with your blood pressure medication.

Know your numbers

Make sure you and your doctor regularly check these four measurements:

- Cholesterol
- Blood sugar
- Blood pressure
- Body mass index (BMI)