

LEARN ABOUT

HIGH BLOOD PRESSURE



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

What is High Blood Pressure?

High blood pressure (also called hypertension) is when blood moves through the body with too much force. This can happen if one's blood pressure is 130/80 or higher. Normal blood pressure is less than 120/80.

Why it Matters

High blood pressure usually doesn't cause symptoms, so many people don't know they have it. Without feeling sick, it can still damage important parts of the body like the heart, brain, eyes, and kidneys.

What Causes It?

- High blood pressure can happen over time
- It can be caused by lack of exercise, eating too much salt or unhealthy food, being overweight, having other health problems like diabetes, feeling stressed, often feeling anxious, or having a family history of high blood pressure

What Problems Can It Cause?

- If high blood pressure isn't treated, it can lead to, heart disease or a heart attack Stroke, Kidney problems, eye problems, memory loss or trouble thinking clearly

Can You Prevent It?

- You can help keep your blood pressure healthy by moving your body every day for about 30 minutes, not smoking, eating healthy foods with less salt, maintaining a healthy weight, managing stress, and limiting alcohol

What If You Have High Blood Pressure?

- Some people may need to take medicine. Others can lower their blood pressure by making healthy lifestyle changes. Talk to your doctor to make a plan that's right for you.