

Why Control Your High Blood Pressure?



1 in 3 adults has high blood pressure.

1 in 2 adults who have high blood pressure doesn't have it controlled. Are you one of them?

Every **39** seconds an adult dies of heart attack, stroke, or other cardiovascular disease.

Uncontrolled high blood pressure can injure or kill you. It's called "the silent killer" because high blood pressure has no symptoms. You may not be aware that it's damaging your arteries, heart and other organs.

What can happen over time if high blood pressure is untreated or not controlled well?

- heart and coronary artery damage that can lead to atherosclerosis (fatty build-up in the arteries that cause them to harden), angina, heart disease, heart attack, and heart failure
- stroke
- kidney damage
- vision loss
- erectile dysfunction
- memory loss

Even a small reduction in blood pressure could:

Decrease cardiovascular deaths by 36%*

Lower the incidence of stroke by 35%*

What can you do?

- stop smoking
- stay physically active
- choose a low-sodium diet
- take your medications as prescribed
- regularly monitor your blood pressure at home
- lose weight, if needed



*Based on a reduction of 15 mmHg systolic BP and 6 mmHg diastolic BP if over 60 years old

Sources: Adapted from the American Heart Association, Canadian Hypertension Education Program and Centers for Disease Control and Prevention Vital Signs