

# CONSEQUENCES

## of High Blood Pressure

TARGET: **BP**



High blood pressure is often the first domino in a chain or “**domino effect**” leading to devastating consequences, like:



### STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



### VISION LOSS

HBP can strain the vessels in the eyes.



### HEART FAILURE

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



### HEART ATTACK

HBP damages arteries that can become blocked.



### SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



### KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.



A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at [heart.org/hbp](http://heart.org/hbp).



# THE EFFECTS OF EXCESSIVE SODIUM ON YOUR *Health & Appearance*

**9** out of **10** Americans  
consume too much sodium.



## WHERE DOES IT COME FROM?



**65%**  
supermarkets,  
convenience stores



**25%**  
restaurants



**10%**  
other sources

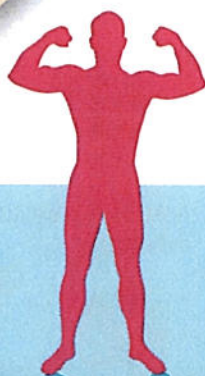
**3,400** milligrams  
the amount of sodium the average  
American consumes in a day

**1,500** milligrams  
or less  
recommended by the  
AHA for ideal heart health

## Your HEALTH

Excess levels of sodium/salt  
may put you at **RISK** for:

STROKE	KIDNEY STONES
HEART FAILURE	ENLARGED HEART
OSTEOPOROSIS	MUSCLE
STOMACH CANCER	HEADACHES
KIDNEY DISEASE	



## Your APPEARANCE

Excess levels of sodium/salt  
may cause:

**INCREASED WATER RETENTION,  
LEADING TO:**

- Puffiness
- Bloating
- Weight gain



## HIGH BLOOD PRESSURE



is a leading risk factor for death in **WOMEN**  
in the **United States**, contributing to nearly  
**200,000** female deaths each year.

{ That's nearly five times the 42,000  
annual deaths from breast cancer. }

**77.9** million American **ADULTS**  
have **high blood pressure**.

**KIDS** who have a high-sodium diet  
are **twice as likely to develop high**  
**blood pressure** as kids who have  
low-sodium diets





*This Blood Pressure Screening is not a substitute for care by your physician. Please see your physician with any questions or concerns you may have.*

## What is Blood Pressure?

Two numbers are recorded when measuring your blood pressure, such as 124/82 mm Hg (millimeters of mercury). The top or larger number (systolic pressure) measures the pressure in your arteries when your heart beats. The bottom or smaller number (diastolic pressure) measures the pressure while your heart rests between beats.

Normal blood pressure falls within a range—it's not one set of numbers. It should be less than 120/80 mm Hg if you're an adult. If you have diabetes, kidney disease or heart failure, your doctor will want it to be no higher than 130/80 mm Hg. If your blood pressure goes above this threshold and stays there, your doctor will treat with lifestyle recommendations, medicine, or both.

### What causes high blood pressure?

High blood pressure, sometimes called hypertension, isn't nervous tension. People who have high blood pressure don't have to be tense, compulsive or nervous. In fact, you can have high blood pressure and not know it. **High blood pressure usually has no symptoms. That's why it's called the "silent killer."**

About 90-95 percent of the cases of high blood pressure have no known cause. But some factors increase your chances of developing this disease. Some of these risk factors include:

- Family history of high blood pressure
- Those over 35 years old
- Males
- African Americans
- Women on oral contraceptives
- Eating a high sodium diet
- Exercising too little
- Drinking more than two alcoholic drinks daily
- Smoking

Blood Pressure Category+	Systolic (mm Hg)		Diastolic (mm Hg)	Follow-up Recommended
Normal	Less than 120	And	Less than 80	Recheck in 2 years
Prehypertension	120-139	Or	80-89	Recheck in 1 year
Hypertension, Stage 1	140-159	Or	90-99	Confirm within 2 months
Hypertension, Stage 2	160 or higher	Or	100 or higher	Evaluate or refer within 1 month Those with BP >180/110 mm Hg Evaluate and treat immediately or within 1 week

+ Based on the average of two or more readings taken at each of two or more visits after an initial screening.

\*Unusually low readings should be evaluated by your doctor.

Your doctor may take several readings over time before making a judgment about high blood pressure.

