Consequences of High Blood Pressure

High blood pressure (HBP) can injure or kill you. When high blood pressure is uncontrolled, it can lead to:

**STROKE**
- HBP damages arteries that burst or clog more easily.
- 77% of people who have a first stroke have HBP.
- HBP increases your stroke risk by four to six times.

**VISION LOSS**
- HBP can strain the vessels in the eyes.

**HEART ATTACK**
- HBP damages arteries that can become blocked.
- 69% of people who have a first heart attack have HBP.

**HEART FAILURE**
- HBP can cause the heart to enlarge and fail to supply blood to the body.
- 75% of people with congestive heart failure have HBP.

**KIDNEY DISEASE/FAILURE**
- HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.
- HBP is the second-leading cause of kidney failure.

**ERECTILE DYSFUNCTION**
- HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

**Did You Know?**
- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is $46.4 billion.

For more information
heart.org/bloodpressure

Check. Change. Control.