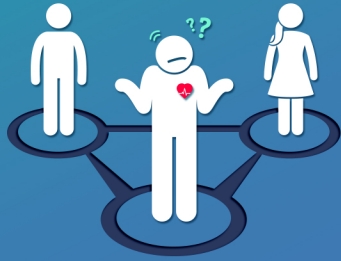


# 7 BIG REASONS

## TO CHECK YOUR BLOOD PRESSURE

1

One in three US adults with high blood pressure (hypertension) doesn't know it.



- ♥ Most people with high blood pressure see their doctor regularly.
- ♥ Even so, high blood pressure often goes **undiagnosed and untreated**.
- ♥ The only way to know for sure is to **get it checked**.

2

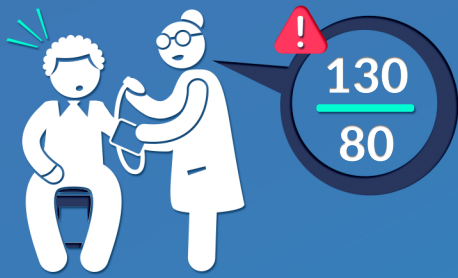
High blood pressure usually doesn't cause symptoms.



- ♥ Most people **don't have** any warning signs until their blood pressure is very high.
- ♥ Left untreated, high blood pressure can lead to **serious, even deadly** problems like a **stroke** or **heart attack**.
- ♥ That's why it's often called **the silent killer**.

3

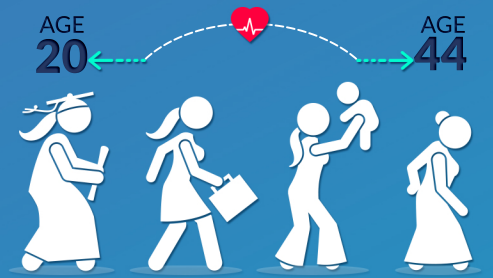
The numbers have changed.



- ♥ In the US, **high blood pressure** is now defined as **130/80 mmHg**. The old rule was **140/90**.
- ♥ The new guidelines help doctors **catch problems** earlier, so people can get the **treatment they need**.
- ♥ **Both the top (systolic) and bottom (diastolic) numbers matter**. Even if only one of them is above normal, you have high blood pressure.

4

Young people can have high blood pressure.



- ♥ It's **not** just a problem for older people.
- ♥ Nearly **1 in 4 US adults** ages **20 to 44** has high blood pressure.
- ♥ **Being overweight** raises the risk of high blood pressure at any age.

5

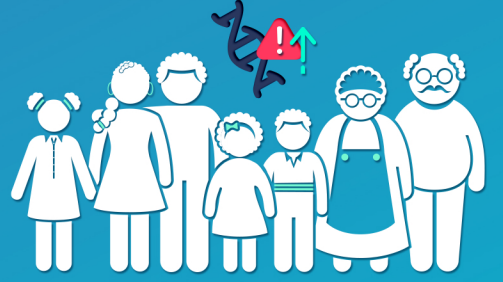
Women have special risks.



- ♥ High blood pressure **during pregnancy** can cause serious problems.
- ♥ It can cause **kidney** or other **organ damage** for the mom, and an **early birth** or **low birth weight** for the baby.
- ♥ Birth control that has estrogen (*a hormone*) can also **raise your blood pressure**. Talk to your doctor if you have questions.

6

Your race or family history may raise your risk.



- ♥ **Black men and women** have **higher rates** of high blood pressure than any other ethnic group.
- ♥ Black people are also more likely to need **hospital care** for high blood pressure.
- ♥ No matter what race you are, having a family history of high blood pressure also **raises your risk**.

7

Your daily habits could be making things worse.



- ♥ Unhealthy habits — like **smoking**, eating **high-salt foods**, ignoring **stress**, and **sitting** around all day — can make your blood pressure soar.
- ♥ Most people need meds to keep high blood pressure under control, but **simple lifestyle changes** can make a **BIG** difference.

### BOTTOM LINE:



Get your blood pressure checked **often**. Even if you feel fine. Even if you're not old.



Your doctor can check it for you, or many **pharmacies** and **stores** offer blood pressure checks for free. You can even do it **at home!**



**Know** what your numbers mean and follow your doctor's advice.



Register today for more health resources.

Already registered?

Log in now: [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com)

Still need to sign up?

Go to [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com) and follow the instructions.