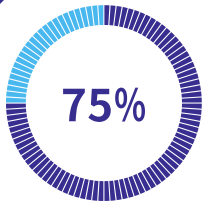


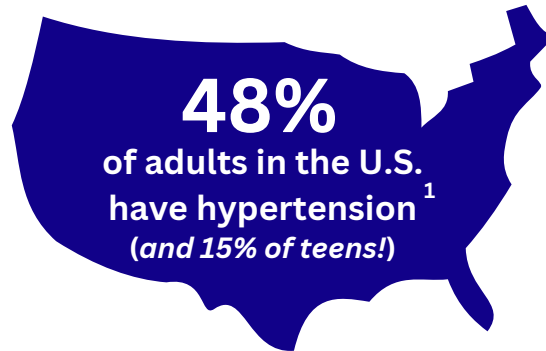
High Blood Pressure



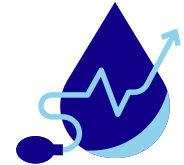
Hypertension is a persistently elevated blood pressure greater than 130/80



Percent of patients that need *more than one* medication to control their blood pressure



Most patients have *no symptoms* when their blood pressure is high



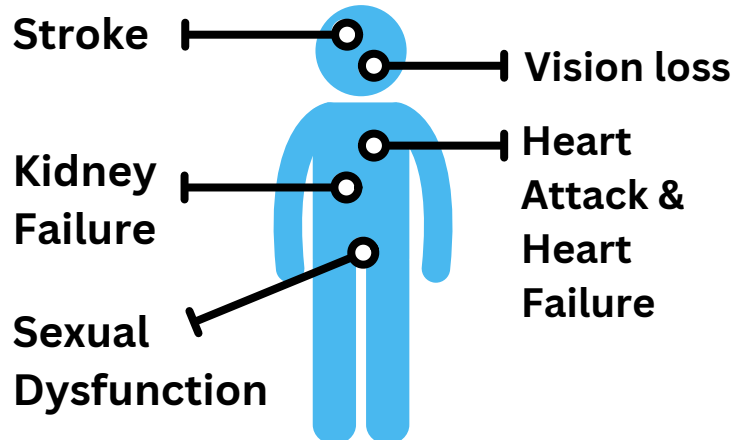
Risk Factors²

- Tobacco use
- Excessive alcohol
- High salt diet
- Family history
- Overweight or obese
- Lack of Exercise
- White or African American ethnicity
- Age over 65
- High fat diet

Ways to lower blood pressure

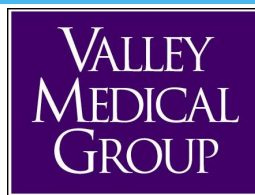
- ✓ Low salt diet
- ✓ Exercise
- ✓ Limit alcohol and tobacco
- ✓ Maintain a healthy weight
- ✓ DASH diet
- ✓ Stress reduction

Impact of Uncontrolled Hypertension³



References:

1. <https://www.cdc.gov/bloodpressure/facts.htm>
2. <https://www.who.int/news-room/fact-sheets/detail/hypertension>
3. <https://targetbp.org/tools>



Prevention & Medical Care
To Help You Live Better, Longer.