



let's talk about

High Blood Pressure and Stroke

High blood pressure, also known as hypertension, means that the force of I^ccL • cyVaT rUncsTU rUN I^ccL xNooN^o is consistently too high. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure.

Two numbers represent blood pressure. The upper (systolic) number is the pressure in your arteries when your heart beats. The lower (diastolic) number is the pressure while your heart rests between beats. The systolic number is always ^VorNL €nor™ ^ccL knNoosnN Vo `NAosnNL Va millimeters of mercury (mm Hg).

Normal blood pressure is below 120/80 mm Hg. The diagnosis of high blood pressure has different stages escalating in seriousness. These stages range from elevated 6Tf 0 Tc 0 Tw 11 0 <006F0003

Factors that can't be changed or are diffcult to control:

- Family history of high blood pressure
- Race/ethnicity