

Toolbox

High blood pressure (HBP, or hypertension) is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health problems. While there is no cure, using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk.

your doctor) together you can make a plan.

Family history of high blood pressure may increase your risk of developing health issues. Living a healthy lifestyle helps reduce your risk.

If you have high blood pressure, it's vital that you

- What is your biggest barrier to adopting a healthy lifestyle?

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- Prevent or delay the development of high blood pressure
- Enhance the effectiveness of blood pressure medications

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While heart disease is still the leading cause of death around the world, death rates have decreased significantly. Earlier treatment of high blood pressure has played a key role in that decrease.