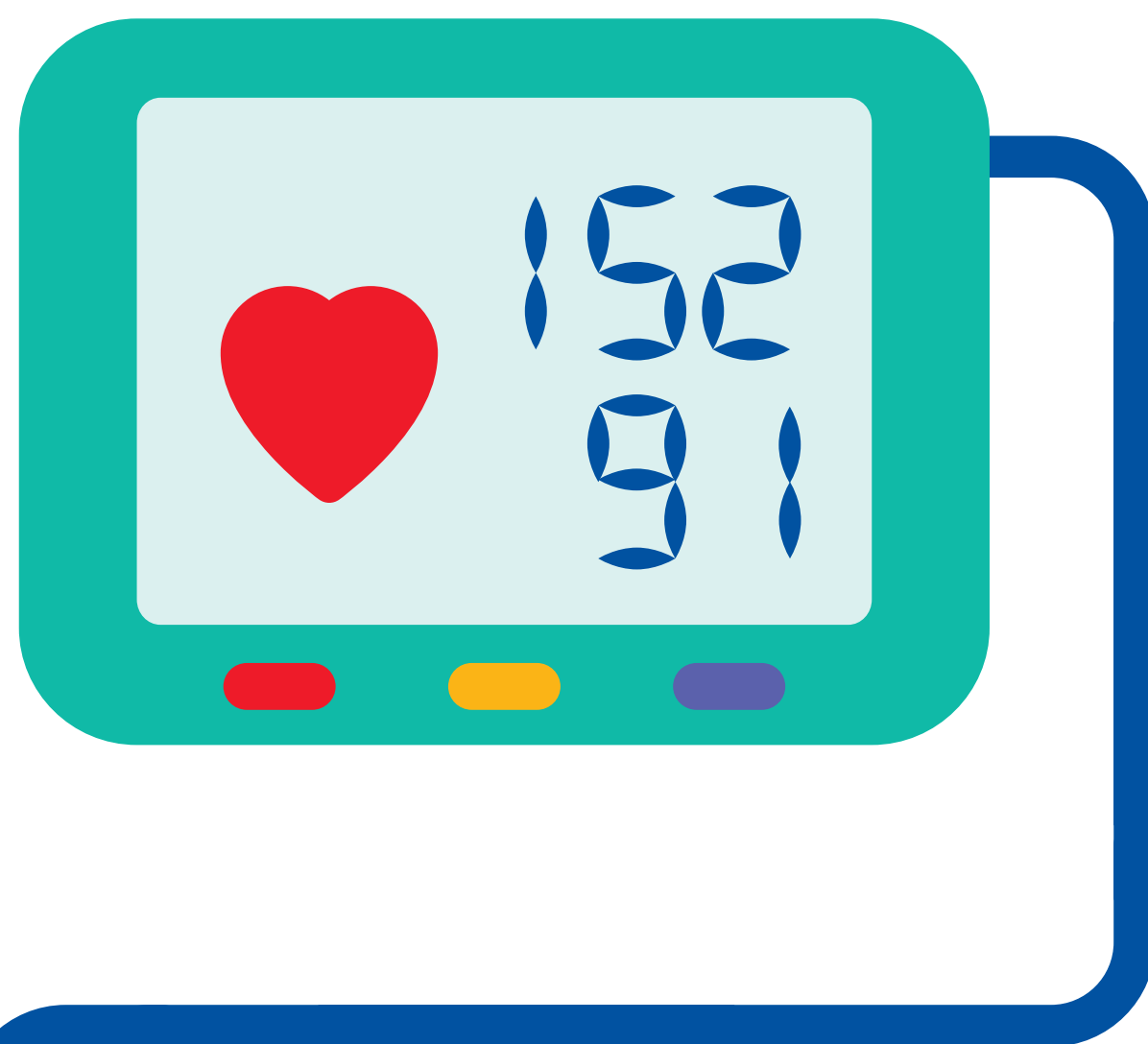
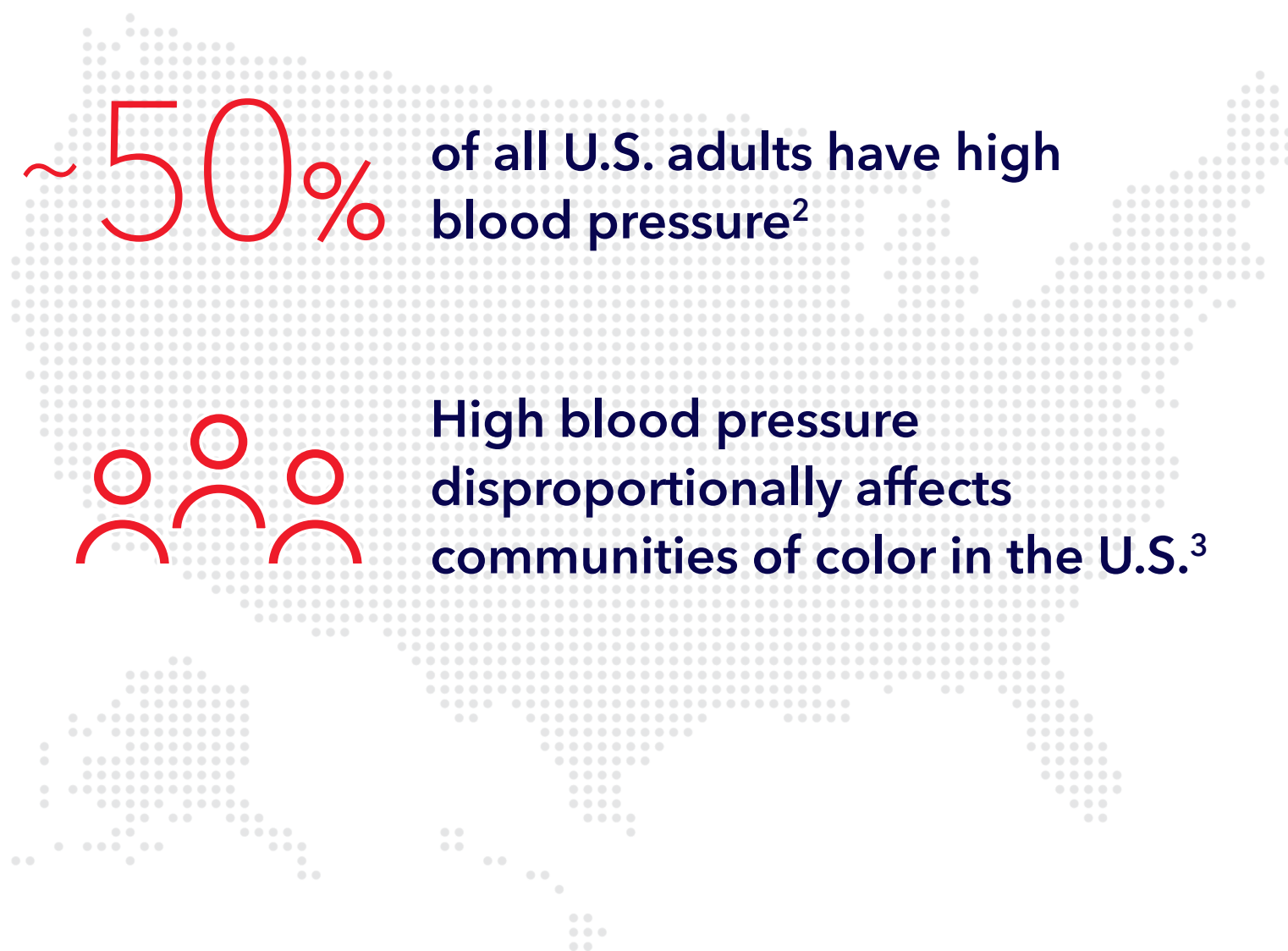


High blood pressure

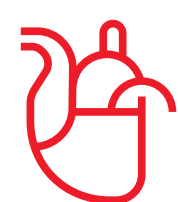
Get the facts. Know your risks.



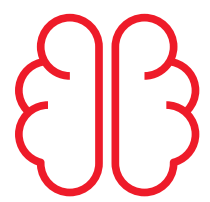
> 1 billion people are affected worldwide¹



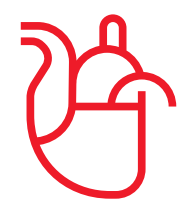
High blood pressure increases the risk of:



Heart attack⁴



Stroke⁴



Heart failure⁴



Kidney failure⁵

Blood pressure levels

	Normal	< 120 / < 80
	Elevated	120-129 / < 80
	Stage 1	130-139 / 80-89
	Stage 2	≥ 140 / ≥ 90
	Hypertensive crisis	≥ 180 / ≥ 120

Recommended point of treatment →

How high is too high?

Your need for treatment depends on overall health, family history, and other risk factors. Lifestyle changes and other treatments prescribed by your doctor can help you achieve target blood pressure levels.³

Do you have high blood pressure?

Talk to your doctor to get checked and learn how to manage your high blood pressure and minimize health risks.

References

¹Hypertension fact sheet. World Health Organization. Available at <https://www.who.int/news-room/fact-sheets/detail/hypertension>. Accessed January 12, 2023.

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³Lackland DT. Racial differences in hypertension: implications for high blood pressure management. *Am J Med Sci*. August 2014;348(2):135-138.

⁴Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertension*. June 2018;71(6):1269-1324.

⁵High blood pressure dangers: Hypertension's effects on your body. Mayo Clinic. Available at <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868>. Accessed January 12, 2023.