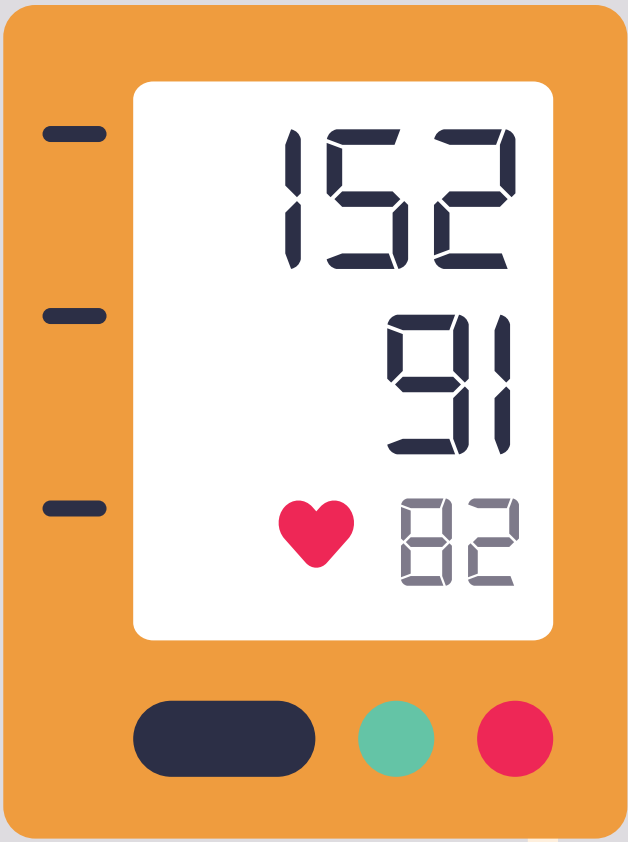


# High blood pressure

Get the facts.  
Know your risks.



>1 billion people are affected worldwide<sup>1</sup>

~50% of all U.S. adults have high blood pressure<sup>2</sup>



High blood pressure disproportionately affects communities of color in the U.S.<sup>3</sup>

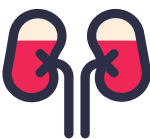
High blood pressure increases the risk of:



Heart attack<sup>4</sup>



Stroke<sup>4</sup>



Kidney failure<sup>5</sup>



Heart failure<sup>4</sup>

## Blood pressure levels

American Heart Association and American College of Cardiology recommended point of treatment

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

## 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.<sup>3</sup>

## 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.

Content by Medtronic

**References:** 1. World Health Organization. Hypertension fact sheet. 25 August 2021. <https://www.who.int/news-room/fact-sheets/detail/hypertension> 2. U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Control Hypertension. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2020. 3. Lackland D. Racial differences in hypertension: implications for high blood pressure management. *The American Journal of the Medical Sciences*, 348(2), 135-138. 4. Whelton P, Carey R, Aronow W, 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: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Originally published 13 Nov 2017 <https://doi.org/10.1161/HYP.0000000000000065>, *Hypertension* 2018;71:e13-e115. 5. Mayo Clinic Staff. High blood pressure dangers: Hypertension's effects on your body. [mayoclinic.org website. https://www.mayoclinic.org/diseases-conditions/highblood-pressure/in-depth/high-blood-pressure/art-20045868](https://www.mayoclinic.org/diseases-conditions/highblood-pressure/in-depth/high-blood-pressure/art-20045868). Published Jan. 14, 2022. Accessed Jan. 20, 2022.

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