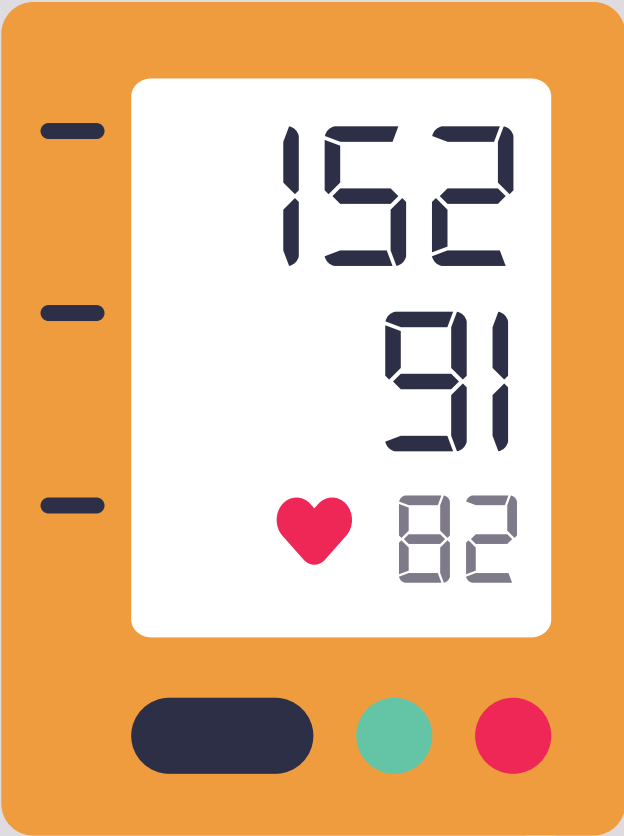


High blood pressure

Get the facts.
Know your risks.



>1 billion people are affected worldwide¹

~50% of all U.S. adults have high blood pressure²



High blood pressure disproportionately affects communities of color in the U.S.³

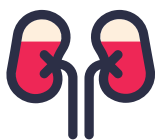
High blood pressure increases the risk of:



Heart attack⁴



Stroke⁴



Kidney failure⁵



Heart failure⁴

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.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.

Content by Medtronic

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