

BLOOD PRESSURE MYTHS



Myth #1

“I feel fine. I don’t need to worry about high blood pressure.”

Facts

About **103 MILLION U.S. ADULTS HAVE HIGH BLOOD PRESSURE** — and many of them don’t know it or don’t experience typical symptoms.

High blood pressure is also a **MAJOR RISK FACTOR FOR STROKE.**

If uncontrolled, high blood pressure can lead to **SERIOUS** and **SEVERE HEALTH PROBLEMS.**



American Heart Association®

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