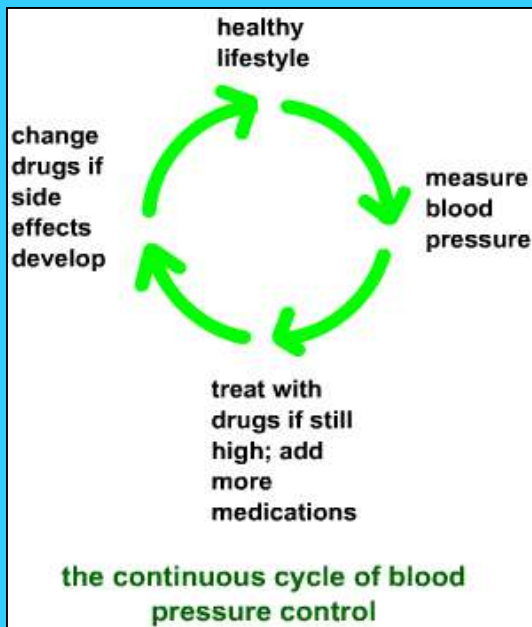


High Blood Pressure Facts

According to the CDC, high blood pressure:

- Puts you at risk for heart disease and stroke, leading causes of death in the United States.
- Was a primary or contributing cause of death for 326,000 Americans in 2006.
- Usually has no warning signs or symptoms, so many people don't realize they have it.
- About one out of three U.S. adults—31.3%—has high blood pressure.
- About one in four American adults has pre-hypertension—blood pressure measurements that are higher than normal, but not yet in the high blood pressure range.
- Having pre-hypertension raises your risk for high blood pressure.
- In 2010, high blood pressure cost approximately \$76.6 billion in health care services, medications and missed days of work.



If you are diagnosed with high blood pressure and have to go on medications, it's important that you work with your team of health care providers. Your doctor may want to see you often and will encourage you to monitor and keep a record of it at home.

Once it is under control, regular follow up visits are still required to control and minimize side effects. When you visit your doctor, be sure to take with you:

- A list of your current medications
- Your blood pressure record
- A list of any questions you may have, regarding your treatment

By making lifestyle changes, taking medications, when necessary, and working with your health care providers, you can control/prevent high blood pressure!