



HEART HEALTH

HIGH BLOOD PRESSURE, OR HIGH B-P, IS A LEADING CAUSE OF DEATH. YOU SEE, HIGH BLOOD PRESSURE ISN'T JUST ONE THING—IT HAS A DOMINO EFFECT.

IF IT'S NOT CONTROLLED, IT CAN LEAD TO HEART ATTACK OR STROKE, EVEN KIDNEY FAILURE.

EIGHTY MILLION AMERICAN ADULTS HAVE HIGH B-P, BUT THEY DON'T HAVE TO. CHECK YOUR BLOOD PRESSURE. KNOW YOUR NUMBERS.

LEARN MORE AT [WWW--DOT--HEART--DOT--ORG--SLASH--H-B-P](http://WWW.HEART.ORG/SLASH-H-B-P).