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 W-W-W--DOT--HEART--DOT--ORG--SLASH--H-B-P.