

Risks of High Blood Pressure

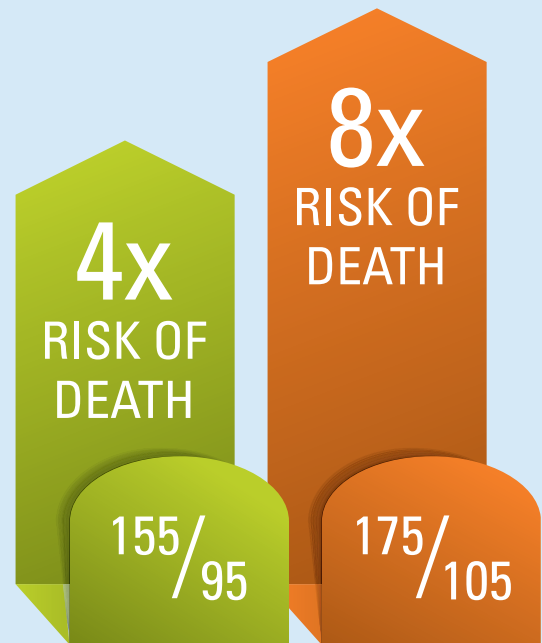


High blood pressure (BP) = high risk of heart attack or stroke

Normal BP is less than 120/80 mm Hg. High BP is 140/90 mm Hg or higher. The higher your BP, the higher your risk of heart attack or stroke.

- BP of 155/95 may increase the risk of death from heart attack or stroke by up to 4 times¹
- BP of 175/105 may increase the risk of death from heart attack or stroke by up to 8 times^{1,a}

^aThis is provided as general information based on a patient's age (40-89) and is not intended as medical advice or as a substitute for healthcare. Consult your healthcare provider for medical issues and concerns.



How do I know if my BP is too high?

High BP doesn't really have any symptoms. That means that even if your BP rises, your body may not tell you something is wrong. Ignoring high BP can lead to serious and possibly life-threatening health problems like [heart attack or stroke](#).

How to lower your risk

Lowering your BP may lower your risk of heart attack, stroke, or even death. That's why it's extremely important to get to the BP goal set by you and your doctor. Remember: medicines that lower BP work best when they're part of a complete treatment plan that includes [lifestyle changes](#). Even then, you may need 2 or more medicines to help lower your BP to the goal set by you and your doctor.

Reference: 1. Chobanian AV, Bakris GL, Black HR, et al. Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *Hypertension*. 2003;42:1206-52.

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