

VitaMin

Vital health information in a minute



PUMP UP YOUR KNOWLEDGE

Seven surprising facts about high blood pressure

High blood pressure is known as a “silent killer.” It can sneak up on you for years without even knowing it. That’s dangerous for your health, because having high blood pressure raises your risk of heart disease and stroke.¹

Here are seven facts to know about high blood pressure.

1. High blood pressure can affect young people.

Children and adolescents can have elevated blood pressure, and the risks carry over into adulthood. For people in their 20s, 30s or 40s, the risk of suffering a stroke is significantly higher for those with high blood pressure.²

2. High blood pressure runs in the family. Having a parent, sibling or child with high blood pressure increases your risk.³

3. Race plays a part in your risk level, too. African-Americans who develop high blood pressure often get it at an earlier age than others.³

4. The risks go up during pregnancy. If you’re expecting a baby, your blood pressure will be closely monitored during pregnancy.⁴

5. High blood pressure damages your body. The extra pressure can damage your arteries and heart, limiting blood flow throughout your body. High blood pressure can also take a toll on your kidneys and damage the tiny blood vessels that supply blood to your eyes.¹

6. High blood pressure can affect your sex life. Blood vessel damage can reduce blood flow and cause problems with sexual function for men and women.¹

7. High blood pressure may be linked to dementia. Blood flow to the brain is important for brain health. When blood vessels are damaged, narrowed or blocked, this may increase the risk of dementia.¹

Check your blood pressure

Protect yourself by having your blood pressure checked regularly and asking your doctor how to improve it.

Sources:

1. Mayo Clinic. “High blood pressure dangers: Hypertension’s effects on your body.” <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868> (last reviewed January 9, 2019).
2. American Stroke Association. “High blood pressure tops list of factors contributing to stroke in young adults.” <https://www.strokeassociation.org/en/news/2019/02/05/high-blood-pressure-tops-list-of-factors-contributing-to-stroke-in-young-adults> (last reviewed February 5, 2019).
3. Mayo Clinic. “Elevated blood pressure.” <https://www.mayoclinic.org/diseases-conditions/prehypertension/symptoms-causes/syc-20376703> (last reviewed October 5, 2018).
4. Mayo Clinic. “High blood pressure and pregnancy: Know the facts.” <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046098> (last reviewed February 14, 2018).

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

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