



## HIGH BLOOD PRESSURE (HYPERTENSION)

### What is High Blood Pressure?

High blood pressure, or hypertension, occurs when the force of blood against your artery walls is consistently too high. Over time, this pressure strains your heart and damages your blood vessels, often without any warning signs. That's why it's known as the "silent killer."

Even when you feel fine, high blood pressure can be causing harm beneath the surface. The good news? It's manageable, and often preventable, with the right care and lifestyle changes.

### Why It Matters

- 1 in 3 adults has high blood pressure—and many don't even know it.
- Left unmanaged, it can cause serious long-term damage to your heart and organs.
- It's one of the leading causes of death in the U.S.

### Common Causes & Risk Factors:

- Poor diet (high sodium, low potassium)
- Lack of physical activity
- Smoking & alcohol use
- Stress
- Obesity
- Family history



### Prevention Starts Now

- Eat a heart-healthy diet (think: fruits, vegetables, whole grains)
- Exercise regularly (just 30 minutes a day can help!)
- Limit alcohol & quit smoking
- Monitor your blood pressure regularly
- Manage stress with mindfulness or relaxation techniques

### How We Can Help

We're here to support your health journey every step of the way. Our team offers:

- ✓ Routine blood pressure screenings
- ✓ Lifestyle coaching
- ✓ Medication management
- ✓ Lab work & personalized care plans
- ✓ Education & support to help you stay in control



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