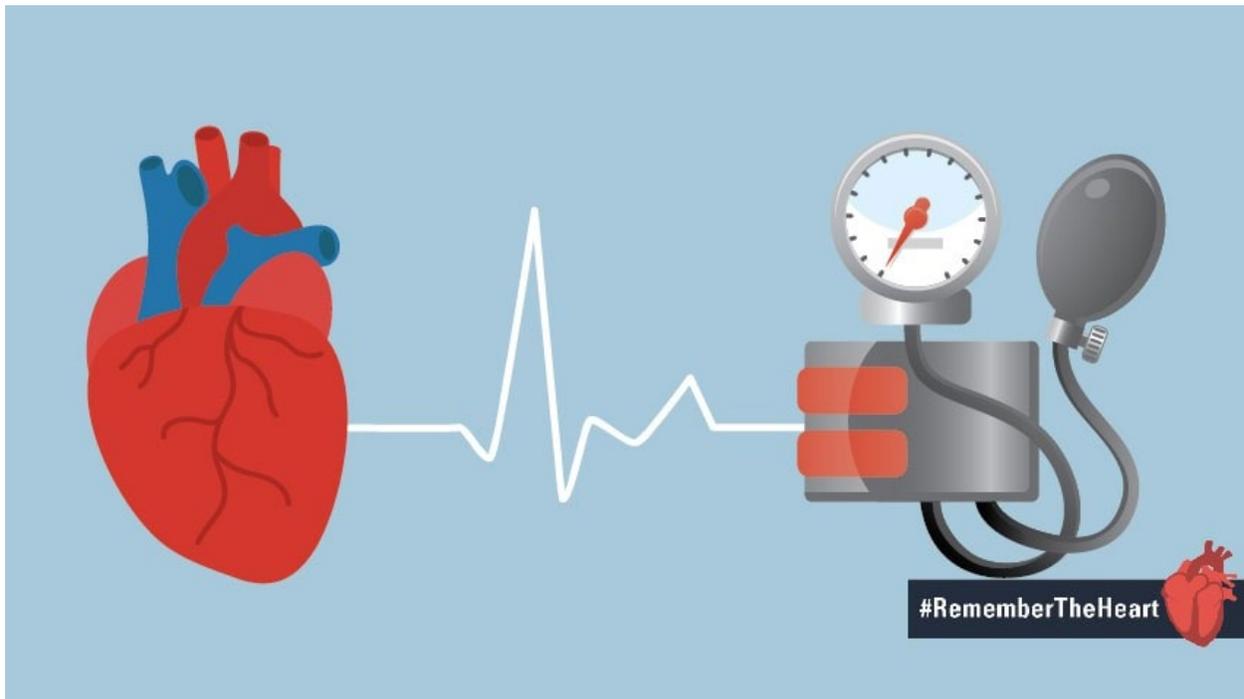


# NATIONAL HIGH BLOOD PRESSURE AND STROKE AWARENESS MONTH

**High blood pressure has a domino effect on your health, leading to stroke, heart attack and heart failure.**

**Check your blood pressure, before it checks you.**



**What you don't know about high blood pressure could hurt you. High blood pressure affects one in three Americans yet many people with the condition don't know they have it.**

The American Heart Association says high blood pressure is usually preventable with simple steps, yet it kills more people worldwide than any other condition.

## **Surprising Facts About High Blood Pressure**

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable.

**Take Action:** To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is too high.

**High blood pressure usually doesn't have any symptoms.**



HIGH BLOOD PRESSURE IS SOMETIMES CALLED THE "SILENT KILLER."  
MOST PEOPLE WITH HIGH BLOOD PRESSURE  
DON'T HAVE ANY SYMPTOMS, SUCH AS SWEATING OR HEADACHES.



Because many people feel fine, they don't think they need to get their blood pressure checked. Even if you feel normal, your health may be at risk.

**Take Action:** Talk to your doctor about your risk for high blood pressure.



**Many people who have high blood pressure don't know it.**

About 11 million U.S. adults with high blood pressure aren't even aware they have it and are not receiving treatment to control their blood pressure. Most people with uncontrolled blood pressure have health insurance and visit a health care provider at least twice a year, but the condition remains undiagnosed, hidden from the doctor and patient. CDC is working with providers to find patients with high blood pressure who are hiding in plain sight.

**Take Action:** Ask your provider what your blood pressure numbers mean and whether they are too high. Stick to your treatment plan and follow your provider's advice if you are diagnosed with high blood pressure.



### **Young people can have high blood pressure, too.**

High blood pressure doesn't just happen to older adults. About one in four men and nearly one in five women age 35 to 44 has high blood pressure.<sup>4</sup>

High blood pressure is a leading cause of stroke, a condition that is on the rise among younger people. Experts think the increased risk for stroke among young adults is a direct result of the rising rates of obesity, high blood pressure, and diabetes—conditions that are preventable and treatable.

**Take Action:** Younger people should get their blood pressure checked at least once each year. You can get your blood pressure checked at a doctor's office, a pharmacy, or at many grocery stores.

### **Women and minorities face unique risks when it comes to high blood pressure.**

High blood pressure can harm a mother's kidneys and other organs, and it can cause low birth weight and early delivery. Certain types of birth control can also raise a woman's risk for high blood pressure. Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant.

**WOMEN WITH HIGH BLOOD PRESSURE WHO BECOME PREGNANT ARE MORE LIKELY TO HAVE COMPLICATIONS DURING PREGNANCY THAN THOSE WITH NORMAL BLOOD PRESSURE.**



**Take Action:** Lifestyle changes, such as reducing sodium in your diet, getting more physical activity, and reducing stress, can help lower blood pressure.

### **May is also American Stroke Month**

**STROKE IS A LEADING CAUSE OF DEATH AND DISABILITY IN THE U.S.—BUT IT DOESN'T HAVE TO BE. FOR #STROKEMONTH, LEARN HOW YOU CAN TREAT AND PREVENT STROKE WITH TOOLS FROM CDC**

## Did you know...

### Someone has a stroke every 40 seconds in the U.S.

Each year, about as many Americans have a stroke as a heart attack.

Stroke caused more than 133,000 deaths in 2014.

**UP TO 80% OF STROKES  
CAN BE PREVENTED.**

### Stroke is largely treatable, and most strokes are preventable.

The faster you are treated, the more likely you are to recover.

Stroke patients who receive the clot-busting drug alteplase (IV r-tPA) within 90 minutes of symptom onset are almost 3 times more likely to recover with little or no disability.

91 percent of stroke patients who were treated with a stent retriever within 2.5 hours of symptom onset recovered with little or no disability.

## Women face higher risk of stroke

### STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women has a stroke.  
About 55,000 more women than men have a stroke each year.



**#4**  
cause of death

Stroke is the No. 4 cause of death in women.  
Stroke kills over 80,000 women a year.



Among women, Black women have the highest prevalence of stroke.

### Resources:

<https://www.qzr.com/c/quiz/399379/can-you-spot-the-signs-and-symptoms-of-a-stroke>

[https://www.cdc.gov/stroke/communications\\_kit.htm](https://www.cdc.gov/stroke/communications_kit.htm)

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