CONSEQUENCES of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:

- **STROKE**
  HBP can cause blood vessels in the brain to burst or clog more easily.

- **VISION LOSS**
  HBP can strain the vessels in the eyes.

- **HEART FAILURE**
  HBP can cause the heart to enlarge and fail to supply blood to the body.

- **HEART ATTACK**
  HBP damages arteries that can become blocked.

- **STROKE**
  HBP can cause blood vessels in the brain to burst or clog more easily.

- **SEXUAL DYSFUNCTION**
  This can be erectile dysfunction in men or lower libido in women.

- **KIDNEY DISEASE/FAILURE**
  HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.

A simple blood pressure check is the first step to preventing the “domino effect.”

Learn more at [heart.org/hbp](http://heart.org/hbp).