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# 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.



## 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).

