High blood pressure (HBP) is often the first domino in a chain or “domino effect” leading to devastating consequences, such as:

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

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

- **HEART ATTACK**
  HBP damages arteries and causes them to narrow and stiffen.

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

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

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

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

Learn more at heart.org/HBP.