Consequences of High Blood Pressure

High blood pressure (HBP) 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 damage 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 and causes them to narrow and stiffen.

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

**KIDNEY DISEASE/FAILURE**
HBP can damage the arteries in 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).