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.
- **KIDNEY DISEASE/Failure**: HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.
- **SEXUAL DYSFUNCTION**: This can be erectile dysfunction in men or lower libido in women.

A simple blood pressure check is the first step to preventing the “domino effect.” Learn more at [heart.org/hbp](http://heart.org/hbp).