



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# High blood pressure increases risk of stroke.

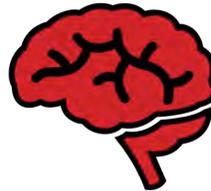


Normal blood pressure is below

**120/80**



People with high blood pressure have an increased risk of having a stroke.



At age 50, ideal cardiovascular\* health adds to life expectancy:

**5.2 years** for men

**6.3 years** for women.



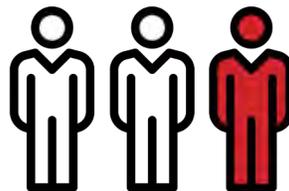
Up to **80%** of strokes may be **prevented.**

**Stroke occurs when a blood vessel to the brain is blocked or bursts.**

Blood and oxygen flow are interrupted, and brain cells begin to die.

More than **1 in 3**

American adults with high blood pressure **don't know they have it.**



Have your blood pressure checked and keep it in check by self-measuring at home and recording results to help



**REDUCE** your risk of stroke.

\* Ideal cardiovascular health takes into consideration the following factors: blood pressure, cholesterol, blood sugar, body mass index, as well as behavioral factors of smoking status, physical activity, sleep and diet.

Together to End Stroke™ before it happens. For more information, visit [heart.org/HBP](http://heart.org/HBP).