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

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.

Up to 80% of strokes may be prevented.

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.

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