

# together to end stroke™ before it even happens.

High blood pressure is a risk you can do something about.

## Did you know that 80% OF STROKES ARE PREVENTABLE?

That means there are things you can do to reduce your risk. The most important controllable risk factor is high blood pressure.

### Take control by controlling your blood pressure.

**HIGH BLOOD PRESSURE** can damage blood vessels in the brain, increasing the chances of clots or ruptures. If a clot or rupture interferes with the flow of oxygen-rich blood to the brain, a stroke can occur.

One in three U.S. adults has high blood pressure, and it often goes untreated. That's why it poses a major health problem — and represents a big opportunity to reduce the risk of stroke.

The key is getting your blood pressure checked. Because high blood pressure has no obvious symptoms, checking is the only way to find out.

Your healthcare provider can recommend ways to lower your blood pressure, including exercise and maintaining a healthy weight.

Medication is sometimes prescribed to treat high blood pressure, but it only works if you take it, so make sure you don't skip any doses.

Reducing blood pressure even a little - 5 to 10 mmHg - could have a big impact on your life.

Understanding your blood pressure numbers is key to controlling high blood pressure. A normal blood pressure reading is less than 120/80 mm Hg.

Know your numbers. Work with your doctor to determine your blood pressure goal and track your screenings using the chart below.

MY BLOOD PRESSURE GOAL: \_\_\_\_\_

DATE	TIME	BLOOD PRESSURE	COMMENTS

Learn more at [StrokeAssociation.org/StrokeMonth](http://StrokeAssociation.org/StrokeMonth)



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to End Stroke™