High blood pressure increases risk of stroke.

Normal blood pressure is below 120/80

People with high blood pressure have a significantly higher risk of stroke.¹

Up to 80% of strokes can be prevented.²

At age 50, people without high blood pressure have a life expectancy 5 YEARS LONGER than people with high blood pressure.³

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.³

Have your blood pressure checked and keep it in check to REDUCE your risk of stroke.

¹ Benjamin et al; Circulation, 2019;139;e56-528