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

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

Up to 80% of strokes may be prevented.²

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.


Together to End Stroke™ before it happens. For more information, visit heart.org/HBP.