



American  
Heart  
Association.

# Consequences of High Blood Pressure

High blood pressure (BP) can cause other health problems, like:



## STROKE

High BP can cause blood vessels in the brain to burst or clog more easily.

## DEMENTIA

High BP can damage blood vessels in the brain, increasing the risk of dementia and problems with memory, focus, and other thinking skills.



## HEART FAILURE

High BP can cause the heart to stiffen or enlarge, making it harder to pump blood effectively to the body.

## VISION LOSS

High BP can damage the vessels in the eyes.



## HEART ATTACK

High BP can damage arteries and causes them to narrow and stiffen.

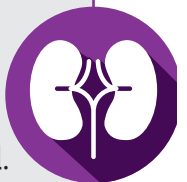


## SEXUAL DYSFUNCTION

High BP can lead to erectile dysfunction and reduced sexual arousal in women.

## KIDNEY DISEASE/FAILURE

High BP can damage the arteries in the kidneys and interfere with their ability to effectively filter blood.



A healthy blood pressure helps protect your kidneys, heart, and your body's ability to use energy (metabolic health). Check your blood pressure today. Learn more at [heart.org/BP](https://heart.org/BP).