COMPLICATIONS OF HIGH BLOOD PRESSURE

High blood pressure can damage your blood vessels as well as organs in your body. Uncontrolled high blood pressure can lead to:

1. **HEART FAILURE.** To pump blood against the higher pressure in your vessels, your heart muscle thickens. Thickened muscle may have a harder time pumping enough blood to meet your body’s needs, which can lead to heart failure.

2. **STROKE.** Individuals with high blood pressure are 4-6 times more likely to have a stroke.

3. **ANEURYSM.** Increased blood pressure can cause your blood vessels to weaken and bulge forming an aneurysm. If it ruptures, it can be life-threatening!

4. **KIDNEY DISEASE.** High blood pressure is a major cause of kidney disease and kidney failure. Weakened blood vessels can prevent these organs from functioning normally.

5. **EYE DISEASE.** Untreated high blood pressure can damage to the blood vessels in the retina (hypertensive retinopathy) which can results in vision loss.

6. **DIABETES.** High blood pressure is a risk factor for the development and worsening of many diabetes complications and likewise having diabetes increases your risk for developing high blood pressure.

7. **ERECTILE DYSFUNCTION.** High blood pressure itself can lead to erectile dysfunction but some drugs for treating high blood pressure can cause it as well.

8. **TROUBLE WITH MEMORY OR UNDERSTANDING.** Uncontrolled high blood pressure may also affect your ability to think, remember and learn.