



National Wear Red Day

Friday, February 7th

(Don't forget to WEAR RED TOMORROW!)



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.

Damage from high blood pressure

