



OF HIGH BLOOD PRESSURE

High blood pressure (HBP) is often the first domino in a chain or “domino effect” leading to devastating consequences, such as:



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or arousal dysfunction in women.



STROKE

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



HBP damages arteries and causes them to narrow and stiffen.



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply enough blood to the body.



KIDNEY DISEASE/FAILURE

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



VISION LOSS

HBP can damage the vessels in the eyes.

A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at [heart.org/HBP](https://www.heart.org/HBP).