

# Consequences of High Blood Pressure

High blood pressure (HBP) can injure or kill you.  
when high blood pressure is uncontrolled, it can lead to:

## STROKE

HBP damages arteries that burst or clog more easily.

**77%** of people who have a first stroke have HBP.

HBP increases your stroke risk by four to six times.

## VISION LOSS

HBP can strain the vessels in the eyes.

## HEART ATTACK

HBP damages arteries that can become blocked.

**69%** of people who have a first heart attack have HBP.

## HEART FAILURE

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

**75%** of people with congestive heart failure have HBP.

## ERECTILE DYSFUNCTION

HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

## KIDNEY DISEASE/FAILURE

HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.

HBP is the second-leading cause of kidney failure

These conditions can happen over several years, but they can be prevented by controlling blood pressure.

## Did You Know?

- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is \$46.4 billion.

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For more information  
[heart.org/bloodpressure](http://heart.org/bloodpressure)