## **Blood Pressure**



## Did you know...

In almost all cases high blood pressure has no symptoms or warning signs which is why it's referred to as the "silent killer". High blood pressure is the 3rd leading cause of death in Canada and the #1 cause of heart disease and stroke.



BLOOD

**PRESSURE** 

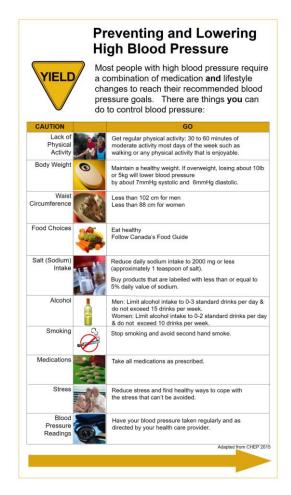
## Be Aware That...

High blood pressure can cause damage to the blood vessels in your body. This can result in:



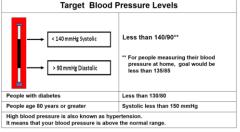
- stroke
- heart attack
- heart damage
- kidney damage
- eye damage
- decreased thinking abilities or dementia

The good news is that blood pressure can be controlled

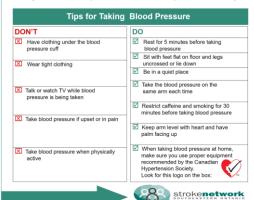




Blood pressure is the force of blood pushing against the walls of your arteries. There are two numbers used to measure blood pressure. The higher number or systolic pressure is the pressure when the heart contracts. The lower number or diastolic pressure is the pressure when the heart is relaxed.



The only way to know if you have high blood pressure is to have your blood pressure taken regularly and as directed by your health care provider. It is important to measure blood pressure accurately.



For More Information: www.strokenetworkseo.ca

