



# *What is Hypertension?*

- ♥ Every time your heart beats, it **pumps blood through** your body in your blood vessels.
- ♥ Hypertension is when the force of blood flowing through your blood vessels is consistently too high.
- ♥ Hypertension is also known as **high blood pressure**.
- ♥ **High blood pressure** can cause the heart to enlarge and stop supplying blood to the body. Over time, this can lead to heart disease and/or heart failure.

# Symptoms of Hypertension

Not everyone will **feel** the **symptoms of Hypertension** even when values are extremely high. Unfortunately, this is why hypertension is called the **Silent Killer**.

Symptoms of hypertension may include:

- Headache
- Shortness of breath
- Irregular heartbeats
- Nosebleeds



Consistently **tracking your blood pressure** and **modifying risk factors** is the best way to **take charge** of your heart health.