RISK FACTORS

Having certain medical conditions can increase your chances of developing high blood pressure. These conditions include:

- Prehypertension (at risk for high blood pressure)
- Diabetes

Unhealthy behaviors can also increase your risk for high blood pressure, especially for people who have one of the medical conditions listed above. Unhealthy behaviors include:

- Smoking tobacco
- Eating foods high in sodium and low in potassium
- Not getting enough physical activity
- Being obese
- Drinking too much alcohol

SIGNS & SYMPTOMS

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. There's only one way to know whether you have high blood pressure: have a doctor or other health professional measure it. Measuring your blood pressure is quick and painless.

CONTROLLING HIGH BLOOD PRESSURE

Keeping your blood pressure levels in a healthy range usually involves taking medications, reducing sodium intake, getting daily physical activity, and quitting smoking.

*Data and statistics from the Centers for Disease Control and Prevention

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