

# HIGH Blood Pressure



## What is high blood pressure?

Blood pressure is a measure of how hard the blood pushes against the walls of your vessels.

## Signs & Symptoms:

- You may have NO signs
- Headache
- Blurred vision
- Chest pain
- Dizziness or weakness
- Leg swelling
- Trouble breathing & more

## Risks

- Obesity
- Unhealthy Diet
- Lack of exercise
- Smoking
- Family history & more.

**IDEAL  
Blood  
Pressure**

**120**  
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**80**

## Prevention

Healthy diet

Exercise

Stop smoking

Take your medication

Regular health check