



Healthy People

HIGH BLOOD PRESSURE: THE SILENT KILLER

Most of the time, high blood pressure (or hypertension) has no obvious symptoms to indicate that something is wrong. The best ways to protect yourself are being aware of the risks and making changes that matter.

A few facts to be aware of:

- Many people with high blood pressure don't even know they have it. Often the signs and symptoms are misunderstood.
- High blood pressure develops slowly over time and can be related to many causes.
- High blood pressure cannot be cured. But it can be managed effectively through lifestyle changes and, when needed, medication.
- Know your numbers. Know where you stand by measuring your blood pressure.



KNOW HEART ATTACK AND STROKE SYMPTOMS



HEART ATTACK SYMPTOMS

CHEST DISCOMFORT—Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY—Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH—With or without chest discomfort.

OTHER SIGNS—May include breaking out in a cold sweat, nausea or lightheadedness.



STROKE SYMPTOMS

Spot a stroke F.A.S.T.

FACE DROOPING—Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS—Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY—Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1—For any of these symptoms—even if the symptoms go away—call 9-1-1 and get the person to the hospital immediately.