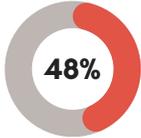


HYPERTENSION

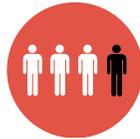
WHAT IS HYPERTENSION?

Hypertension, or high blood pressure (HBP), happens when the pressure of the circulating blood is consistently too high, and when left uncontrolled, can lead to heart disease and stroke.¹

WHO IS AT RISK?



Nearly half of all American adults have HBP¹



About 3 out of 4 Americans don't have their HBP under control¹



One out of every 2 males are at risk for HBP¹



Non-Hispanic Black adults and those suffering from obesity or sleep disorders are at the greatest risk for HBP^{1,2}

WHAT YOU CAN DO TO HELP PREVENT OR MANAGE HYPERTENSION

1. Reduce your salt/sodium intake
According to the American Heart Association, the average American consumes 3,400 mg of sodium in their daily diet, which is significantly higher than the 2,300 mg daily recommended limit.³

2. Stop smoking²

3. Exercise and eat healthy²

4. Proper medication adherence
If you have a prescription drug to reduce hypertension, take your medicine as directed by your doctor.

DID YOU KNOW?

Your medication may be adding to your daily sodium intake. Both over-the-counter and prescription medications can be unrecognized sources of sodium.⁴



KNOW WHICH MEDICINES CAN AFFECT YOUR BLOOD PRESSURE^{4,5}



Some pain medications may cause the body to hold onto water and increase BP



Some decongestants make blood vessels smaller and can raise BP



Some antidepressants and hormonal birth control can raise BP



Some medicines have high sodium content and can raise BP



Getting your blood pressure checked often and monitoring for things that can cause HBP can help fight this "silent killer."⁶

1. Facts about hypertension. Centers for Disease Control and Prevention website. Updated July 6, 2023. Accessed October 20, 2023. <https://www.cdc.gov/bloodpressure/facts.htm>

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3. How much sodium should I eat per day? American Heart Association website. Updated November 1, 2021. Accessed October 20, 2023. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

4. Sodium sources: where does all that sodium come from? American Heart Association website. Updated January 5, 2023. Accessed October 20, 2023. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sodium-sources>

5. Mayo Clinic Staff. Medications and supplements that can raise your blood pressure. Mayo Clinic website. Published April 15, 2023. Accessed October 20, 2023. <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/blood-pressure/art-20045245>

6. High blood pressure - understanding the silent killer. Food and Drug Administration. Published August 1, 2023. Accessed October 20, 2023. <https://www.fda.gov/drugs/special-features/high-blood-pressure-understanding-silent-killer>