

# CONSEQUENCES

## of High Blood Pressure



Check.  
Change.  
Control.

High blood pressure is often the first domino in a chain or “**domino effect**” leading to devastating consequences, like:



### STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



### VISION LOSS

HBP can strain the vessels in the eyes.



### HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



### HEART ATTACK

HBP damages arteries that can become blocked.



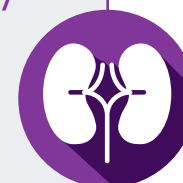
### SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



### KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.



A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at [heart.org/hbp](http://heart.org/hbp).