

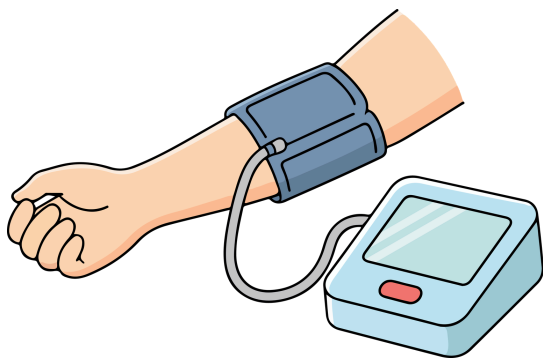


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Silent but serious: check your blood pressure

High blood pressure, or hypertension, is often called the "silent killer." That's because it usually has no warning signs, but over time, it can lead to serious health problems like heart attacks, strokes, kidney damage, and vision loss. Many adults have high blood pressure and don't even know it. For most people the healthiest blood pressure is 130/80 mmHg or lower.



The good news is that you can take simple steps to manage or prevent high blood pressure. Regular physical activity, eating healthy foods that are low in salt, managing stress, and avoiding tobacco or excessive alcohol can make a big difference. In some cases,

medication is also needed to keep your blood pressure at a safe level.

It's important to check your blood pressure regularly—even if you feel fine. Ask your doctor how often you should be checked and what your target numbers should be. If you've already been diagnosed with high blood pressure, following your care plan can help you live a longer, healthier life.

Taking control of your blood pressure today can protect your health tomorrow.

For more information
on how to protect your
heart and manage
your blood pressure,
[click here](#)