



CHESPROCOTT HEALTH DISTRICT

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High Blood Pressure: The Silent Killer!

Yes, uncontrolled high blood pressure (HBP) can kill you. It's sometimes called "the silent killer" because HBP has no symptoms, so you may not be aware that it's damaging your arteries, heart and other organs.

When left untreated, HBP can cause:

- **Damage to the Heart and its blood vessels**
- **Stroke**
- **Kidney damage**
- **Memory loss**
- **Fluid in the lungs**
- **Angina**
- **Peripheral artery disease**
- **Vision loss**
- **Erectile dysfunction**

But remember, these are not symptoms of HBP. High blood pressure is a symptom-less disease. The damage to your body from uncontrolled HBP can cause symptoms of chest pain, shortness of breath, leg pain, weakness, and more.

People whose blood pressure is higher than 140/90 mm Hg (140 systolic or above OR 90 diastolic or above) often become patients treated for serious cardiovascular problems.

Your risk increases even more if you have high blood pressure along with other risk factors:

- Age
- Heredity (including race)
- Gender (male)
- Overweight
- Smoking
- High cholesterol
- Diabetes
- Lack of exercise

By taking action, reducing your risk factors and getting treatment of HBP, you can lower your risk for many of these diseases. Chesprocott Health District wants to help you take charge.

Chesprocott Health District is offering free blood pressure clinics. Medication review is also available at these times and locations. No appointments necessary.

Wolcott Senior Center: 10am-11am every other Tuesday, starting 9/13

Cheshire Senior Center: 1pm-2pm every other Tuesday, starting 9/13

Chesprocott Health District Office: 9am-2pm every Wednesday. Call before you drop in to assure availability of nurse.

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