



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# High blood pressure increases risk of stroke.



Normal blood pressure is below

**120/80**



People with high blood pressure have a significantly higher risk of stroke.<sup>1</sup>



At age 50, people without high blood pressure have a



life expectancy

**5 YEARS LONGER**

than people with high blood pressure.<sup>3</sup>



Up to **80%** of strokes may be **prevented.**<sup>2</sup>

**Stroke occurs when a blood vessel to the brain is blocked or bursts.**

Blood and oxygen flow are interrupted, and brain cells begin to die.

More than

**1 in 3**

American adults with high blood pressure **don't know they have it.**<sup>3</sup>



Have your blood pressure checked and keep it in check to



**REDUCE** your risk of stroke.

<sup>1</sup> Benjamin et al; Circulation, 2019;139:e56-528 // <sup>2</sup> D'Agostino, R.B. et al. Stroke. 1994;25:40-43 // <sup>3</sup> Mozaffarian D et al. Circulation. 2017; 135:e135-139

Together to End Stroke™ before it happens. For more information, visit [heart.org/HBP](http://heart.org/HBP).