



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.¹



At age 50, people without high blood pressure have a



life expectancy

5 YEARS LONGER

than people with high blood pressure.³



Up to **80%** of strokes may be **prevented.**²

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.**³



Have your blood pressure checked and keep it in check to



REDUCE your risk of stroke.

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

Together to End Stroke™ before it happens. For more information, visit heart.org/HBP.