

# *Why is Blood Pressure Control Important?*

- ♥ Untreated high blood pressure quietly damages your heart, lungs, blood vessels, brain, and kidneys.
- ♥ It raises your risk for stroke, heart and kidney disease.

## **Know Your Numbers**

Keep your blood pressure below 140/90.

If you have diabetes or chronic kidney disease, your numbers may need to be less than 140/80.

**Call 911 if you experience any of the following changes:**

### **Stroke**

- Weakness, especially one sided
- Blurry vision
- Slurred speech
- Confusion
- Severe headache
- Loss of balance

### **Heart Attack**

- Chest discomfort
- Difficulty breathing
- Unexplainable sweating