



## WHAT YOU DON'T KNOW ABOUT HIGH BLOOD PRESSURE CAN REALLY HURT YOUR HEART.

### “ MYTH

“If I had high blood pressure, I would have symptoms.”

### FACT

High blood pressure usually presents no symptoms. An estimated 70 million Americans have high blood pressure, but one in five don't know they have it.

### MYTH ”

“High blood pressure is so common, it must not be that big of a deal.”

### FACT

Uncontrolled high blood pressure can cause heart disease, which is the leading cause of death in the U.S.

### “ MYTH

“Drinking red wine is good for my heart, so I can control my blood pressure with red wine.”

### FACT

Regular consumption of any kind of alcohol can dramatically increase blood pressure. A glass of red wine each day is not good for everyone. Ask your doctor what's right for you.

Take control of your blood pressure before it takes control of you.



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