Hypertension

What is hypertension? Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. Hypertension, also called high blood pressure, is blood pressure that is higher than normal.

A normal blood pressure level is less than **120/80**.

108 million American adults have hypertension. That's nearly **1 out of 2** people.

Only about 1 in 4 adults with hypertension have their condition under control.

If not controlled, hypertension can cause health problems such as:

Heart disease	Heart attacks	Strokes	Aneurysms	Kidney failure

Along with prescription medication, your doctor may recommend lifestyle modifications to help control your blood pressure. Common lifestyle changes include:

Maintaining a healthy weight	Eating healthier	Reducing sodium intake	Getting active	Limiting alcohol use

Hypertension usually has no symptoms, so it's best to get your blood pressure levels checked and discuss concerns with your doctor.