



A MINUTE OF HEALTH WITH CDC

Take the Pressure off Your Heart

National High Blood Pressure Education Month — May 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Heart disease and stroke are leading causes of death in the U.S. High blood pressure, or hypertension, can lead to both. About one third of adults in the U.S. have high blood pressure, and many do not have it under good control.

Older adults and African Americans are at greatest risk for hypertension. Among pregnant women, high blood pressure can lead to complications for both the mother and her baby. High blood pressure during midlife increases the risk for dementia later in life.

Hypertension is commonly treated with medication, but exercise and a healthy diet can lower blood pressure. Regular checkups are important for diagnosing and treating this common condition.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.