High Blood Pressure: The Silent Killer

You can't feel high blood pressure. In fact, the condition often causes no symptoms at all.

Without you even knowing it, high blood pressure can raise your risk for health problems like heart disease and stroke.

But you can take action!

Regularly checking your blood pressure is the only way to know if it is high.

A healthy blood pressure level is less than 120/80.

To help protect yourself from this "silent killer," get your blood pressure tested regularly.

And talk with your healthcare provider about ways to keep your blood pressure at a healthy level.

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