

# Focus On: Hypertension (High Blood Pressure)

The arteries carry blood to all parts of your body.

The force of the blood pumped out from the heart creates pressure on the walls of the arteries.

Hypertension, also called high blood pressure, means that the blood flows with too much force, or pressure, against the artery walls.

You can't feel it, but that force can damage the walls of your arteries and your heart.

Hypertension increases the risk of stroke, heart attack, vision loss, dementia, and other health problems.

You and your doctor will talk about your risks for these problems based on your blood pressure readings.

Treating hypertension starts with healthy lifestyle changes.

This includes eating healthy foods, being active, staying at a weight that's healthy for you, getting enough sleep, not smoking or vaping, and reducing stress.

You might also take medicine to reach your blood pressure goal.

To learn more about hypertension, talk to your doctor.