



My health
on my terms

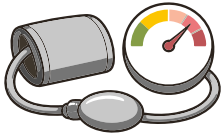
The Silent Risk of High Blood Pressure

High blood pressure often has no symptoms.



Many people with high blood pressure feel normal.¹
That's why it's called a "silent" risk.^{1,2}

What Is Blood Pressure and Why Does it Matter?



- Blood pressure is the force of blood pushing against your blood vessels (arteries).¹
- When this pressure stays too high over time, it can damage your blood vessels.^{1,3}
This raises your risk for heart disease.^{1,3}

What Do the Numbers Mean?

Blood pressure is measured with two numbers:^{1,3}

- Top number (systolic)
- Bottom number (diastolic)



Normal:
Less than $\frac{120}{80}$



Elevated: $\frac{120-129}{<80}$



High: $\frac{130}{80}$ or higher

Who is More Likely to Have High Blood Pressure?

Your risk may be higher if you:⁴

- Are older
- Have a family history
- Have diabetes or are overweight
- Are Black
- Smoke or are not active

What Can You Do?

Lifestyle changes can help many people lower their blood pressure.¹ You can:¹



Eat healthy foods



Reduce salt (sodium)



Move your body



Don't smoke



Manage stress

References: 1. <https://www.cdc.gov/high-blood-pressure/about/index.html> (Accessed April 13, 2026). 2. <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure> (Accessed April 13, 2026). 3. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings> (Accessed April 13, 2026). 4. <https://www.cdc.gov/high-blood-pressure/risk-factors/index.html> (Accessed April 13, 2026).

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