High blood pressure equals higher risk of stroke.

**NORMAL BLOOD PRESSURE IS BELOW 120/80**

**STROKE HAPPENS WHEN A CLOT OR RUPTURE INTERRUPTS BLOOD FLOW TO THE BRAIN. WITHOUT OXYGEN-RICH BLOOD, BRAIN CELLS DIE.**

**Most people who have a first STROKE have HIGH BLOOD PRESSURE.**

**At age 50, people without high blood pressure have a LIFE EXPECTANCY 5 YEARS LONGER than people with high blood pressure.**

**Nearly 1 IN 6 American adults with high blood pressure DON’T KNOW.**

**80% of strokes can be PREVENTED.**

**Have your blood pressure checked and keep it in check to REDUCE your RISK OF STROKE.**

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1. Neal B et al; Lancet. 2000;356;1955-64

Together To End Stroke™ before it happens. For more information visit Heart.org/HBP