

Hypertension and heart disease

what to know...

Hypertension damages the heart over time

Uncontrolled blood pressure forces the heart to work harder, increasing the risk of heart attack and heart failure.

Blood pressure is silent

Most people with hypertension don't feel symptoms, which is why regular screening is so important. **Early detection leads to better outcomes.**



Nearly ½ of adults have hypertension

Many people don't know they have it, putting them at higher risk for serious heart disease.

Controlling blood pressure lowers risks

Lifestyle changes (or medications, if necessary) can lower bp and reduce the risk of heart disease.

Early detection leads to better outcomes

Regular monitoring, lifestyle changes, and medications when needed can help prevent lasting damage and improve outcomes.

Questions?

Our pharmacy team is here to help with any questions or concerns about your heart health.