

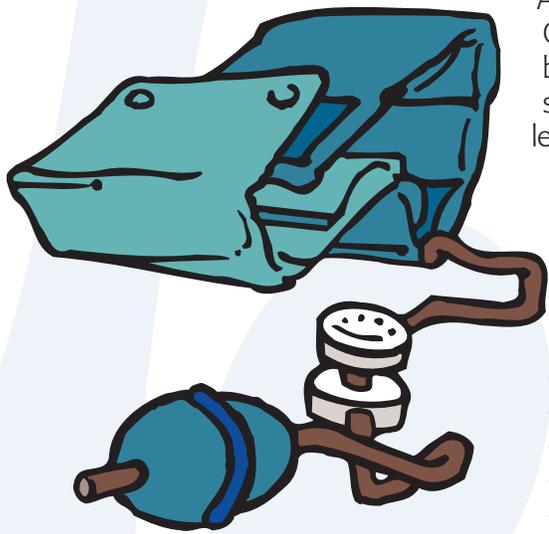


AGING WELL LIVING WELL



News & Information Provided by the Administration on Aging
Washington, DC • www.aoa.gov

High Blood Pressure: The Silent Killer



About one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. High blood pressure is called "the silent killer" because it usually has no symptoms. Uncontrolled high blood pressure is dangerous and can lead to stroke, heart failure, heart attack, kidney failure, and blindness.

Many people get high blood pressure as they get older. Over half of all Americans age 60 and older have high blood pressure. **This is not a part of healthy aging!** You can take steps to prevent high blood pressure. These steps include:

- Keeping a healthy weight
- Being physically active
- Following a healthy eating plan
- Reducing salt and sodium in your diet
- Limiting alcohol intake
- Quitting smoking

As the nation celebrates Older Americans Month and National High Blood Pressure Education Month this May, learn more about high blood pressure by visiting the National Heart, Lung, and Blood Institute (NHLBI) Health Information Center at <http://www.nhlbi.nih.gov> or call to speak to an information specialist at (301) 592-8573. This article was adapted from material prepared by the NHLBI.

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