

High Blood Pressure

High blood pressure can lead to heart disease, stroke, and kidney disease. It is most common in black persons and persons older than 45.

Being active and eating a healthy diet are two ways you can keep your blood pressure under control. (Go to [Eating Right](#) and [Keeping Active](#).)

Some people need to take medicine to keep their blood pressure at healthy levels. If you take medicine, be sure to talk to your doctor about how to take it. Do not skip any doses of medicine.



Ask your doctor or nurse:

What should my blood pressure be?

How often should I have my blood pressure checked?

If I have high blood pressure, what can I do to lower it?

Reference Source: “The Pocket Guide to Good Health for Adults.” U.S. Department of Health and Human Services; Agency for Healthcare Research and Quality: May 2003.