

Health & Wellness

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[Spotlight on Health⁶](#)

Blood Pressure

What is high blood pressure (hypertension)?

When blood pressure is high, your heart must work harder to move blood through your body. Over time, this can lead to serious health problems such as heart disease, heart attack, stroke, blindness or kidney disease.

Should I be concerned?

High blood pressure is often called the silent killer. One in three adults has it, but many of them don't know it. This is because it often doesn't cause any noticeable symptoms. In fact, many people aren't aware of their condition until serious problems develop.

What can I do?

Have your blood pressure checked regularly. This could save your life. If you have high blood pressure, there is a lot you can do to reduce it. Work with your doctor to determine the best treatment plan for you. Making healthy lifestyle changes will help keep your blood pressure under control.

- Exercise regularly.
- Eat a nutritious diet.
- Take your medications as prescribed.

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Other Health Topics

- [Asthma⁸](#)

- [Breast Cancer](#)⁹
- [Cervical Cancer](#)¹⁰
- [Colorectal Cancer](#)¹¹
- [COPD](#)¹²
- [Depression](#)¹³
- [Diabetes](#)¹⁴
- [Heart Disease](#)¹⁵
- [Influenza](#)¹⁶
- [Prostate Cancer](#)¹⁷

Links

1. <http://www.hmsa.com/healthwellness/healthtopics/prostatecancer.aspx>
2. <http://www.hmsa.com/healthwellness/influenza>
3. <http://www.hmsa.com/healthwellness/healthtopics/heartdisease.aspx>
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