

# High Blood Pressure

## 6 Common Myths Busted

### MYTHS

### FACTS

**1** I feel fine, so my blood pressure must be OK.



High blood pressure may be called the “silent killer” for a reason. It often has no symptoms. But left untreated, it can cause heart attack, stroke and kidney failure.



**Get checked!**

**2** My blood pressure is only a little high, so it's no big deal.



Even blood pressure that is a little higher than normal can set the stage for heart disease, heart attack, stroke, and dementia over time. Healthy blood pressure is lower than 120/80 mm Hg.

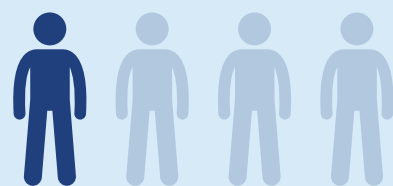


**Get moving to prevent problems!**

**3** High blood pressure affects only older people.



While it's true that our blood pressure tends to creep up as we age, adults of all ages can develop high blood pressure.



About 1 in 4 young adults (ages 18-39) have high blood pressure.



**Ask about your numbers!**

**4** Blood pressure medicines can cause erectile dysfunction (ED).



High blood pressure itself can cause ED, an early warning sign of heart disease. It can also affect women's sexual health. Some medicines (certain diuretics and beta blockers) may increase ED risk, but many do not.



**Discuss concerns before changing medicines.**

**5** It's just a man's disease.



Men can have high blood pressure at younger ages, but so can women. In fact women can have it during pregnancy or shortly thereafter. High blood pressure affects men and women of all ages.

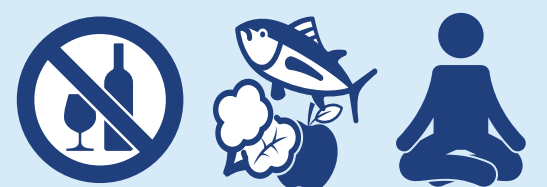


**Stay on top of your heart health at any age.**

**6** Salt is the main culprit for high blood pressure.



Salt (sodium) matters – not just the shaker, but salt hidden in packaged foods, sauces and breads. Lack of activity, extra weight, stress, alcohol, and poor sleep can also cause blood pressure spikes.



**Choose healthy habits!**

For more myth busters and information, visit [CardioSmart.org/HighBP](https://www.cardiosmart.org/HighBP)

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