BLOOD PRESSURE PURPOSE AND EFFECT

Blood Pressure measures two forces. The first force or pressure is the heart pumping blood out of the heart and into the arteries. The second force or pressure is when the heart is resting, or between two beats. The two forces or pressures are represented by numbers. A 'normal' blood pressure is 120/80

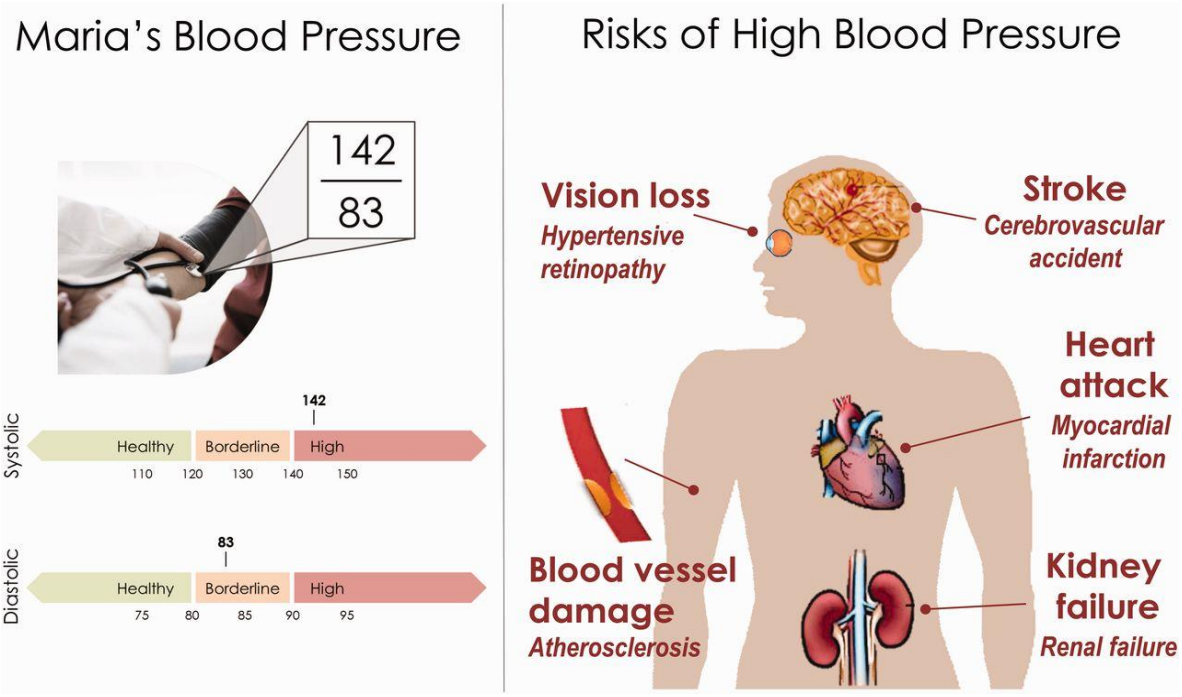
If your blood pressure gets too high, it can cause health problems throughout your body.

- **Heart:** When your heart works overtime, it can cause fatty buildup in your arteries. Over time, this creates less space for the blood to move and can lead to heart pain and heart attack. High Blood pressure can also cause heart failure—when your heart has to work harder to pump blood to the rest of your body

- **Increased Risk of Stroke**: High blood pressure can cause your arteries to burst or clog more easily which could result in a stroke. When a blood vessel in the brain is blocked (due to high blood pressure) that part of your brain does not get the oxygen it needs and starts to die. Stroke can cause you to lose control over your movements, speaking, remembering things or thinking clearly.

- **Kidney Damage:** Your kidneys are the organs that filter the toxins out of your blood and help to make sure your body stays healthy. When the arteries in the kidneys are damaged due to high blood pressure, they can't filter like they are supposed. Eventually, the kidneys can fail which can lead to dialysis.

- **Vision loss:** High blood pressure puts pressure on the blood vessels in the eyes and swells your optic nerve which can lead to impaired vision. This can be permanent if left untreated.



Reviewed By GVO November 2016