



**Weill Cornell Medicine**

# Your Blood, *Under Pressure*



Think you know blood pressure?  
Test your knowledge with these true-or-false statements.

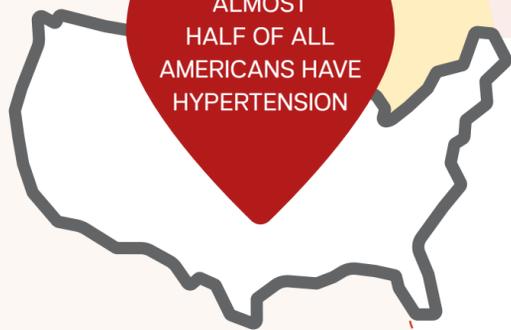
**I have hypertension if my blood pressure level stays above 130/80 mm Hg.**

✓ **True.**

Healthy, normal blood pressure stays at or below 120/80 mm Hg. **Hypertension occurs once your blood pressure is consistently at or above 130/80 mm Hg.**



**50%**  
ALMOST  
HALF OF ALL  
AMERICANS HAVE  
HYPERTENSION



**High blood pressure is only an adult problem.**

✗ **False.**

According to the Centers for Disease Control and Prevention, almost half of all American adults have hypertension. **Additionally, a rising number of children have pediatric hypertension.**

**Living with hypertension isn't all that dangerous.**

✗ **False.**

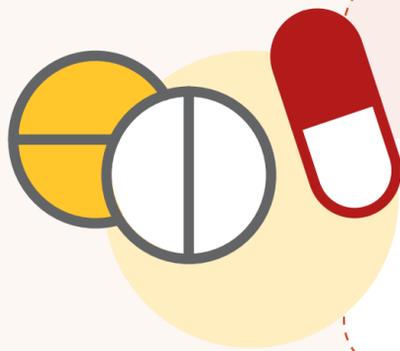
High blood pressure **increases your risk for heart disease, stroke, vision or breathing problems** and other unwanted health issues.



**Lifestyle changes are all I need to lower my blood pressure.**

? **It depends.**

Healthy lifestyle changes can help manage high blood pressure, but **sometimes medication is needed** to maintain healthy levels.



**If my life has little stress, I don't have to worry about blood pressure.**

✗ **False.**

While unmanaged stress may lead to the development of hypertension, there are other risk factors. **Diabetes, lack of exercise, genetics and excessive alcohol intake can all increase your risk for hypertension.**



Visit [weillcornell.org/doctors](http://weillcornell.org/doctors) to find a doctor at Weill Cornell Medicine for help managing your blood pressure.



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