

HIGH BLOOD PRESSURE: KNOW YOUR RISKS



BILLIONS OF PEOPLE ARE AFFECTED

1 MORE THAN
BILLION PEOPLE
WORLDWIDE HAVE HYPERTENSION.¹

1 IN **4** MEN¹



1 IN **5** WOMEN¹



HIGH BLOOD PRESSURE POSES SERIOUS HEALTH RISKS²

High blood pressure dramatically increases the risk of:



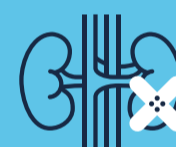
HEART ATTACK³



STROKE³



HEART FAILURE³



KIDNEY FAILURE⁴

BLOOD PRESSURE LEVELS

How high does your blood pressure have to be before considered “high”? It depends on the person. Your need for treatment depends on overall health, family history, and the impact of high blood pressure on your quality of life. Following a healthy lifestyle and treatments prescribed by your doctor can help you achieve target blood pressure levels.³

OPTIMAL

< 120
— AND —
< 80

NORMAL

120 - 129
— AND —
80 - 84

HIGH NORMAL

130 - 139
— AND —
85 - 89

GRADE 1

140 - 159
— AND/OR —
90 - 99

GRADE 2

160 - 179
— AND/OR —
100 - 109

GRADE 3

≥ 180
— AND/OR —
≥ 120

DO YOU HAVE HIGH BLOOD PRESSURE?

Talk to your doctor to learn how you can manage your high blood pressure and minimize your risks. Visit **BloodPressureProcedure.com** to learn more about renal denervation, a treatment proven to reduce blood pressure levels.

REFERENCES: ¹ World Health Organization. Hypertension fact sheet. 13 September 2019. <https://www.who.int/news-room/fact-sheets/detail/hypertension> ² Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. Global Burden of Disease Study 2010 Lancet. 2012. ³ Whelton P, Carey R, Aronow W, et. al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Originally published 13 Nov 2017 <https://doi.org/10.1161/HYP0000000000000065>. Hypertension 2018;71:e13–e115. ⁴ Mayo Clinic. High blood pressure dangers: Hypertension's effects on your body. <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868>

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