

Video: American Heart Association Offers Tips to Monitor and Control High Blood Pressure Ahead of World Hypertension Day

NEW YORK, NY, UNITED STATES, May 10, 2023 /EINPresswire.com/ -- High blood pressure is a leading cause of cardiovascular diseases. Known as hypertension, high blood pressure is a condition in which the force of blood against the artery walls is too high, and if left uncontrolled, can increase the risk of heart disease and stroke. The good news - hypertension is controllable, and with proper management, you can lower your risks.



American Heart Association®
**National Hypertension
Control Initiative**
National Hypertension Control Initiative

[American Heart Association](#) Medical Expert and Cardiovascular Nurse, Yvonne Commodore-Mensah, stresses the importance of monitoring your blood pressure. In this video, she helps you 'Get Down with Your Blood Pressure' by sharing four simple steps to measure your numbers - Get It, Slip It, Cuff It, Check It.

Hypertension Facts:

- 122.4 million US adults over 20 years old have high blood pressure (62.8 million males and 59.6 million females)
- A higher percentage of males than females had hypertension up to 64 years of age, but those ≥ 65 years of age, the percentage of females with hypertension was higher than for males.
- 38% of US adults with hypertension are not aware that they have it
- The prevalence of hypertension in Black people in the US is among the highest in the world

AHA NHCI

American Heart Association

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