

High Blood Pressure **HAS NO SYMPTOMS**

The main modifiable risk factors of hypertension in young people include

- Smoking cigarettes, chewing tobacco or being around smoke (second-hand smoke)
- Obesity or Overweight
- Excessive salt consumption
- Dyslipidemia - imbalance of lipids

Get your bp checked regularly!

Left undetected or uncontrolled, high blood pressure can lead to:

Heart attack

Stroke

Heart failure

Kidney disease or failure

Vision loss

Sexual dysfunction

Angina

Peripheral artery disease (PAD)

