

HIGH BLOOD PRESSURE DANGERS

Successfully managing your high blood pressure will help you to avoid these complications:

DAMAGE TO YOUR ARTERIES

Healthy arteries have smooth inner lining allowing blood to flow freely to supply vital organs and tissues with nutrients and oxygen. With high blood pressure, the increased pressure of blood flowing through your arteries can gradually affect blood to your heart, kidneys, brain and extremities.

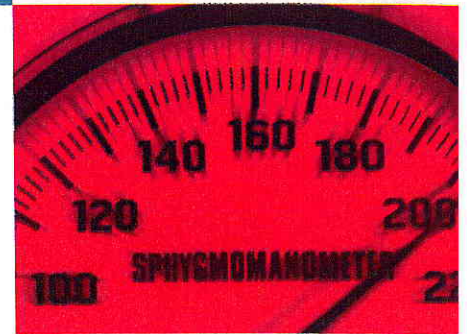
This damage can cause:

- Chest pain
- Heart attack
- Heart failure
- Stroke
- Aneurysms

DAMAGE TO YOUR HEART

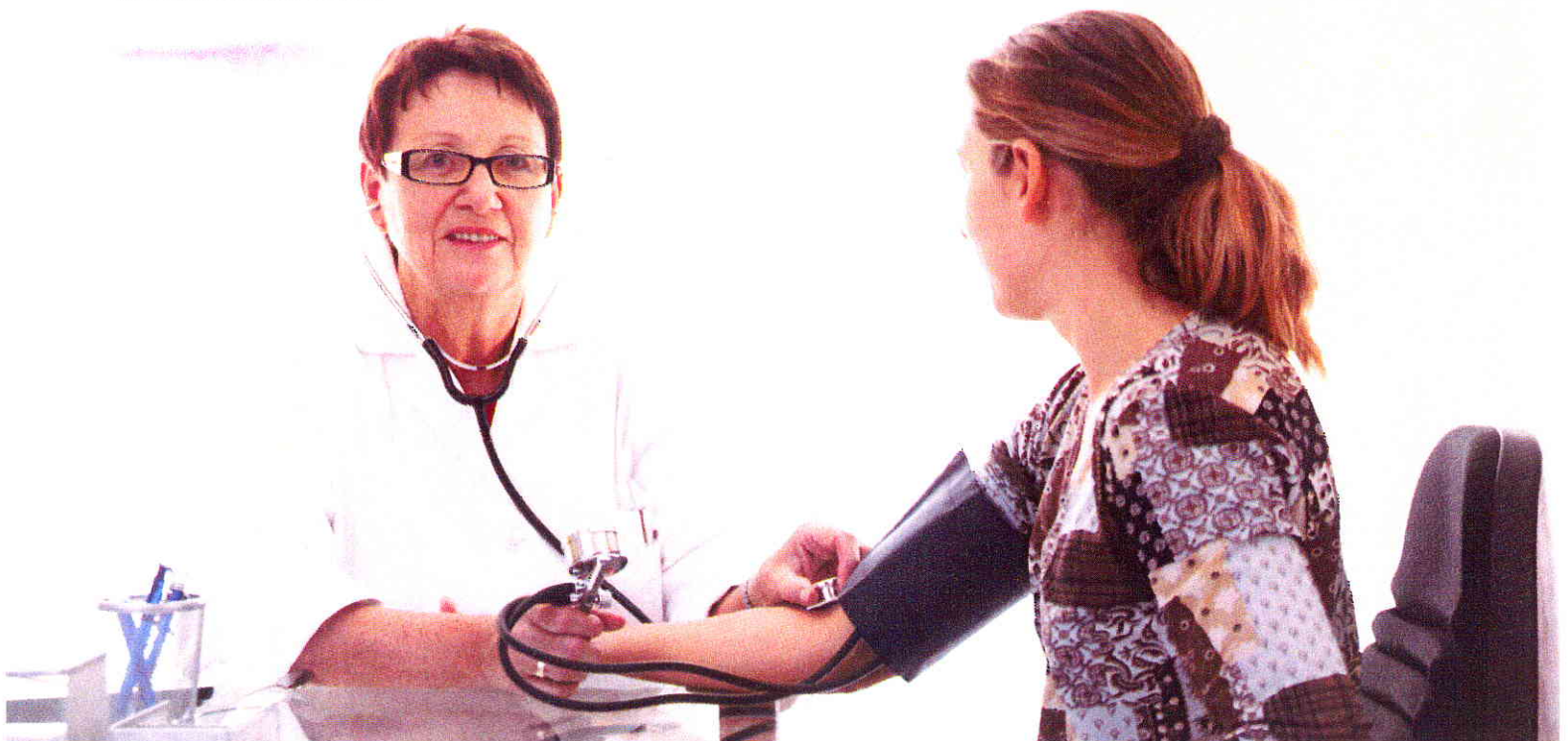
Uncontrolled high blood pressure can damage your heart in a number of ways:

- Coronary artery disease (CAD) – a cluster of diseases including arteriosclerosis and atherosclerosis and can result in heart attack or irregular heart rhythms.
- Enlarged left heart – High blood pressure forces your heart to overexert itself, hence the ventricle cannot pump out as much blood to your body. This lack of blood increases your risk of heart attack, heart failure and sudden cardiac death.



HIGH BLOOD PRESSURE EFFECTS ON YOUR BODY

Known as the "silent killer" high blood pressure often has no signs or symptoms but if left uncontrolled for years it can quietly damage your body.



HIGH BLOOD PRESSURE DANGERS ARE SERIOUS, BUT IF YOUR BLOOD PRESSURE IS WELL CONTROLLED, YOU ARE MORE LIKELY TO KEEP THE MOST SEVERE PROBLEMS IN CHECK.



DAMAGE TO YOUR BRAIN

Your brain depends on a nourishing blood supply to function properly and survive.

High blood pressure can cause:

- Stroke – a stroke occurs when part of your brain is deprived of oxygen and nutrients causing brain cells to die. High blood pressure can weaken your brain's blood vessels causing them to narrow, rupture or leak resulting in an aneurysm, life-threatening bleeding in the brain.
- Transient ischemic attack (TIA) sometimes called a mini stroke. A transient ischemic attack is often a warning that you are at risk for a full-blown stroke.
- Dementia – is a brain disease resulting in impaired thinking, speaking, reasoning, memory, vision and movement. Dementia can result from extensive narrowing and blockage of the arteries that supply blood to the brain.

DAMAGE TO YOUR KIDNEYS

Your kidneys filter and excrete excess fluid and waste from your blood – processes that are highly dependent on your blood vessels. High blood pressure can injure the blood vessels of the kidneys causing:

- Kidney failure – when your kidneys do not have the ability to filter waste products, which accumulate to dangerous levels.
- Kidney scarring – a condition that leaves your kidneys unable to filter waste effectively, which can lead to kidney failure.
- Kidney artery aneurysm – a rupture that can cause life-threatening internal bleeding.

DAMAGE TO YOUR EYES

Tiny blood vessels supply blood to your eyes which are vulnerable to the damage of high blood pressure including:

- Eye blood vessel damage – leading to bleeding in the eye, blurred vision or loss of vision.
- Fluid buildup under the retina – can result in vision distortion or scarring that impairs vision. Resulting nerve damage may cause bleeding within the eye or vision loss.

BONE LOSS

High blood pressure can increase the amount of calcium that is eliminated in the urine. Excessive loss of calcium may lead to osteoporosis, which can lead to bone fractures.

SLEEP DISTURBANCES

High blood pressure may trigger sleep apnea, a condition where throat muscles relax causing loud snoring and sleep interruption. Sleep apnea occurs in more than 50% of those with high blood pressure.

<http://mayoclinic.com/health/high-blood-pressure/H100062>



COMMUNITY WELLNESS at
KETTERING
MEDICAL CENTER
KETTERING HEALTH NETWORK™

KHNETWORK.ORG