

## High blood pressure can put a squeeze on your heart

Every time our hearts pump, blood is pushed through the blood vessels in our bodies. The pressure of the blood against the inside walls of these blood vessels is called “blood pressure.” When the pressure is higher than it should be, it is called “high blood pressure.”

When the blood pressure is too high for a long period of time, the small blood vessels of the body often get even smaller. Once this happens, it becomes more difficult for the heart to pump blood throughout the body, which creates a strain on the heart. It also increases the



pressure of the blood against the walls of the blood vessels.

Untreated high blood pressure can continue for many years without your knowing it, damaging your body in many ways. That’s why high blood pressure is called a “silent disease,” and why it is important to get your pressure under control as early as you can. A good way to begin is by having your blood pressure checked regularly by your doctor.

