Here are seven facts to know about high blood pressure.

1. **High blood pressure can affect young people.** Children and adolescents can have elevated blood pressure, and the risks carry over into adulthood. For people in their 20s, 30s or 40s, the risk of suffering a stroke is significantly higher for those with high blood pressure.²

2. **High blood pressure runs in the family.** Having a parent, sibling or child with high blood pressure increases your risk.³

3. **Race plays a part in your risk level, too.** African-Americans who develop high blood pressure often get it at an earlier age than others.³

4. **The risks go up during pregnancy.** If you’re expecting a baby, your blood pressure will be closely monitored during pregnancy.⁴

5. **High blood pressure damages your body.** The extra pressure can damage your arteries and heart, limiting blood flow throughout your body. High blood pressure can also take a toll on your kidneys and damage the tiny blood vessels that supply blood to your eyes.¹

6. **High blood pressure can affect your sex life.** Blood vessel damage can reduce blood flow and cause problems with sexual function for men and women.¹

7. **High blood pressure may be linked to dementia.** Blood flow to the brain is important for brain health. When blood vessels are damaged, narrowed or blocked, this may increase the risk of dementia.¹

**Check your blood pressure**
Protect yourself by having your blood pressure checked regularly and asking your doctor how to improve it.

**Sources:**

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.