Why is controlling my blood pressure so important?

- Black men ages 28 to 45 are at increased risk of high blood pressure, which is a leading cause of stroke and can cause dementia.
- Keeping your blood pressure in a normal range can help reduce your risk for stroke and dementia.

How does high blood pressure lead to stroke and dementia?

- If your blood pressure stays high, over time, it can damage brain blood vessels and lead to a stroke.
- High blood pressure can lead to other damage in the brain that has been associated with dementia.

What are some steps I can take to control my blood pressure?

- Learn your blood pressure number and monitor your blood pressure often.
- Make healthy lifestyle choices, like eating healthy foods and exercising regularly.
- Talk to your healthcare provider about your risks for stroke and dementia, and make a plan to manage your blood pressure and other risk factors.

For more information about the connection between high blood pressure, stroke, and dementia, visit the Mind Your Risks® website at mindyourrisks.nih.gov