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What To Know About High Blood Pressure as You Age

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High blood pressure, or hypertension, is a common health problem for older adults. The good news is that blood pressure can be controlled in most people.

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Points to remember:	What you can do:
 <p>The chance of having high blood pressure increases as you age.</p>	 <p>Get your blood pressure checked frequently.</p>
 <p>Most people with high blood pressure don't have signs or symptoms.</p>	 <p>Eat a healthy diet and exercise regularly.</p>
 <p>Serious health problems can develop if high blood pressure is left untreated.</p>	 <p>Ask your doctor if you need medication to manage your blood pressure.</p>

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.

 National Institute on Aging

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