Prevent Stroke, Heart Attack, and Kidney Damage by Controlling Blood Pressure Today

High blood pressure often shows no symptoms, but silently it can damage your most vital organs. If left uncontrolled, hypertension can:

* Weaken the heart, raising the risk of heart failure or heart attack.
* Damage blood vessels in the brain, leading to stroke or memory loss.
* Harm the kidneys, which can progress to kidney failure or dialysis.

**The good news:** These complications are preventable—if you act early and stay consistent.

**How to Protect Your Heart, Brain, and Kidneys:**

* **Know your numbers:** Check BP at home or during visits. Aim to keep it below 130/80 mmHg (or as advised by your doctor).
* **Take medicines daily:** Even if you feel fine, skipping doses raises your risk. Link it to a daily routine like brushing your teeth.
* **Adopt heart-healthy habits:** Cut down on salt, move every day, eat fresh foods, and manage stress. These steps boost the effect of medication.
* **Control other conditions:** Diabetes, cholesterol, and smoking multiply risk—treat them seriously.
* **Stay connected with your doctor:** Regular check-ups can detect early warning signs and fine-tune your plan.

You’re not just lowering blood pressure—you’re protecting your future. Every small step today adds up to a stronger heart, sharper mind, and healthier kidneys tomorrow.