What Is Hypertension?

Hypertension, or high blood pressure, happens when the force of blood pushing through your arteries stays higher than normal. Over time, this extra pressure makes arteries stiffer and narrower. The silent damage can harm your heart, brain, kidneys, and eyes—often without warning signs.

That’s why hypertension is called the **“silent killer.”** You may feel perfectly fine, but unchecked high BP can lead to heart attack, stroke, kidney disease, vision loss, or even dementia. Many people only discover it after a serious event—but it doesn’t need to reach that stage.

**Understanding Your Numbers**  
A blood pressure reading has two parts:

* **Systolic (top number):** pressure when the heart pumps.
* **Diastolic (bottom number):** pressure when the heart rests.

Normal BP is around **120/80 mmHg.** Consistently above **130/80 mmHg** is considered hypertension.

**The Good News**  
High blood pressure is both treatable and preventable. You can lower your risk by:

* Checking BP regularly
* Taking medication as prescribed
* Reducing salt in your diet
* Staying active with daily movement
* Managing stress
* Eating heart-healthy foods

**Why Early Action Matters**  
If you’re over 40, have diabetes, a family history of heart disease, or live a high-stress lifestyle, routine BP checks are essential.

Your heart works for you every second—take a moment each day to work for it too.