

# Complications of High Blood Pressure

WATCH THE VIDEO ONLINE!

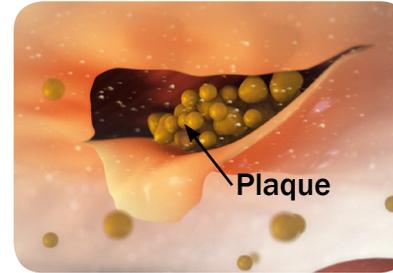
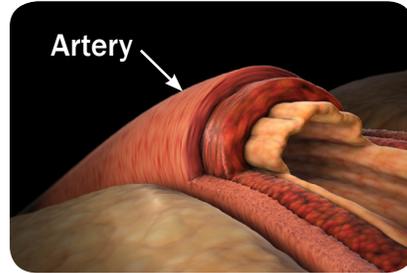
[www.healthjourneysupport.com/cardiology/hbp-complications](http://www.healthjourneysupport.com/cardiology/hbp-complications)

If you or someone you know has **high blood pressure**, this handout will help you understand what it is and why it's important to keep it under control.

## Damage to Your Arteries

Over time, high blood pressure will damage the walls of your arteries.

This damage can lead to life-threatening conditions.

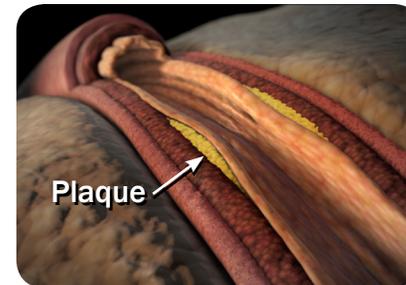
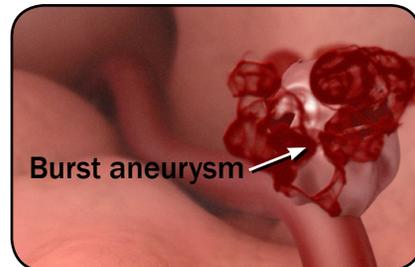
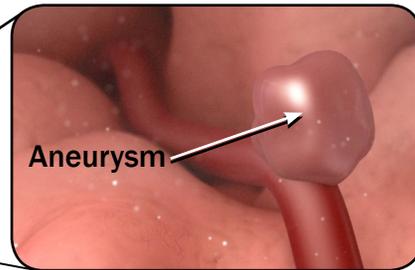
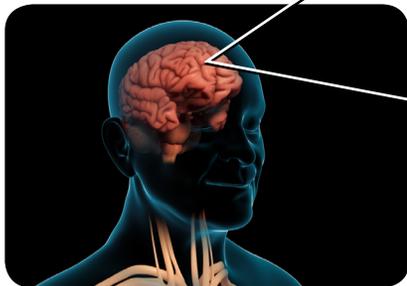


Damage to an artery wall may also attract certain substances in your blood, such as cholesterol, fat, and calcium.

## Aneurysms

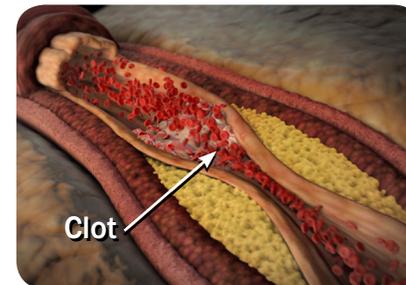
For example, an artery wall may become weak and form an enlarged area, called an **aneurysm**.

The wall may burst and bleed into the tissue around it.



These substances may form a build-up called a **plaque**.

As the plaque gets bigger, blood flow in the artery is reduced.



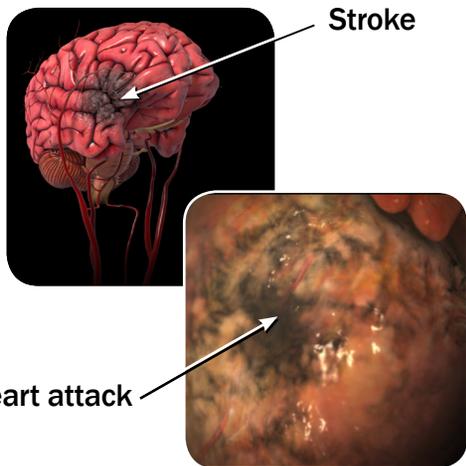
Blood cells can stick to the plaque and form solid clumps called **clots**. Blood clots further reduce or completely block your blood flow.

## Complications of High Blood Pressure

### Blood clots

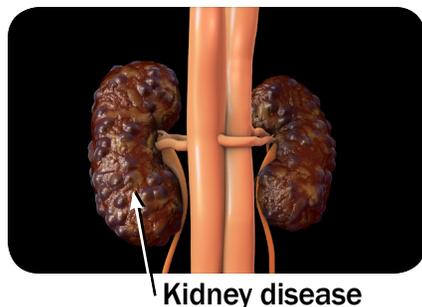
If blood clots travel to, or form in the arteries supplying blood to your brain, it can lead to a **stroke**.

If it happens in the arteries that supply blood to your heart, it can lead to a heart **attack**.



### Kidney Damage

Damage to the arteries in your kidneys may reduce their ability to work properly. This can lead to kidney disease.



### Heart Failure

Damage to your arteries makes your heart beat even harder, which raises your blood pressure even more and can lead to heart failure.



**Damaged arteries can make your heart work harder.**



If you have questions about high blood pressure or any medications you have been prescribed for it, speak with your doctor.

It is important to take your medications as directed and report any side effects you have.

The information in this handout has been created and peer reviewed by graduate-level medical illustrators, followed by reviews from medical subject experts, either physicians or PhDs on the Nucleus Medical Review Board, to ensure medical accuracy and audience level appropriateness.

The handout is intended to supplement the information you receive from your health care provider and should never be considered personal medical advice. Always contact your health care provider with health questions and concerns.

