

Help Million Hearts™ prevent 1 million heart attacks and strokes in five years.

High blood pressure is a leading cause of heart attack and stroke. One in three Americans has high blood pressure, and only half of them have it under control.



Control your blood pressure and lead a longer, healthier life.

Take steps to control your blood pressure:

- Check your blood pressure at home, at a pharmacy, or a doctor's office
- Talk to your pharmacist or health care professional about what your numbers mean and tips to remember medications
- Take medications as prescribed
- If you smoke, call a tobacco quit line (1-800-QUITNOW) or visit www.smokefree.gov for help

