Your High Blood Pressure Risk Factors

Risk factors are things that make you more likely to have a disease or condition. Do you know your risk factors for high blood pressure? You can't do anything about some risk factors. But other risk factors are things that can be changed. Know what high blood pressure risk factors you have. Then find out what changes you can make to help control your risk for high blood pressure. Start with the change that you think will be easiest for you.



Risk Factors You Can't Control

Though you can't change any of the things listed below, check off the ones that apply to you. The more boxes you check, the greater your risk for high blood pressure.

Family History

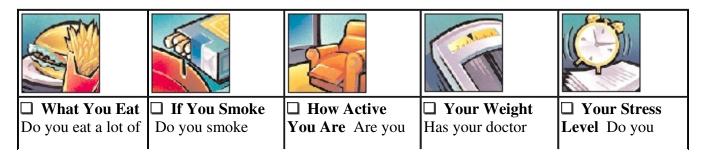
- □ One or both of your parents or grandparents has had high blood pressure or heart disease.
- A close male relative had heart disease or a heart attack before age 55.
- A close female relative had heart disease or a heart attack before age 65.

Gender and Age

□ You're a man over age 55 or a postmenopausal woman.

Risk Factors You Can Control

There are plenty of risk factors for high blood pressure that you can control. Learn what these risk factors are and then find out how to reduce your risk. Check the ones that apply to you.



salty, fatty, fried,	cigarettes or cigars,	inactive most of the	said that you are 15	often feel anxious,
or greasy foods?	chew tobacco, or	time at work and at	or more pounds	nervous, and
	dip snuff?	home?	overweight?	stressed?