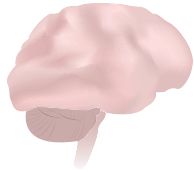


# How High Blood Pressure Affects Your Body

Hypertension, more commonly known as high blood pressure, can affect blood vessels all over your body. High blood pressure is often referred to as a “silent killer” because it does not always cause symptoms, but if it is left untreated, the outcomes can be fatal.

For more information on how hypertension affects your body, visit the [Mayo Clinic](#).

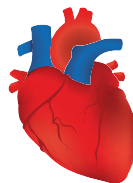
High blood pressure can alter the blood flow to the brain, which can lead to stroke, dementia, and cognitive impairment.



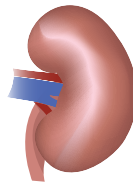
High blood pressure affects the tiny blood vessels in your eyes. This can cause blurred and distorted vision, bleeding in the eye, or loss of vision.



High blood pressure makes your heart work harder to circulate blood. Damage to your heart, including coronary artery disease and heart failure, can occur if high blood pressure is left untreated.



Your kidneys depend on healthy blood vessels to function properly. High blood pressure is the second leading cause of kidney failure.



High blood pressure can deplete your bones of calcium, which puts you at an increased risk of developing osteoporosis.



Over time, the cells that line your arteries will become damaged and fats from your diet will enter your blood stream and build along the damaged walls.

