

## **May Is National High Blood Pressure Education Month**

Uncontrolled high blood pressure, or hypertension, is dangerous and far too common. In fact, one in three adults in the United States has this condition. High blood pressure often has no signs or symptoms, but it can lead to serious health consequences. The only way to know if you're at risk is to know your numbers.

During National High Blood Pressure Education Month in May, the National Heart, Lung, and Blood Institute is encouraging Americans to take control of their blood pressure. Small, consistent steps each day can help you control your blood pressure and protect your heart. If you have uncontrolled high blood pressure, talk with your health care team about creating a management plan ([see attached](#)). You can also prepare for your next visit by reviewing these [helpful questions](#). Your doctor may recommend heart-healthy lifestyle changes, such as following the [DASH eating plan](#), either on its own or alongside medication.

Additionally, consider scheduling a [biometric health screening](#) to check your blood pressure and earn Wellness Initiatives credit for 2027. Controlling or lowering your blood pressure can help prevent or delay serious complications, including chronic kidney disease, heart attack, heart failure, stroke, and even vascular dementia.

Finally, try incorporating this [breathing technique](#) into your daily routine. It's an easy way to help manage your blood pressure anytime, anywhere.