Resource Guide

Healthy Habits with your CMD: Understanding High Blood Pressure

- Blood pressure is a measure of how hard your heart has to pump to deliver blood to the rest of your body.

- Your blood pressure can change throughout the day, but if it stays high, you may have high blood pressure, also called hypertension.

- High blood pressure is common condition that affects about 1 in 4 adults in Canada.

- If it is not treated, it can cause serious health problems over time, like heart attacks, strokes, and more.

- Most people with high blood pressure do not have symptoms. The only way to diagnose it is by measuring your blood pressure.

- You should get your blood pressure checked regularly, and it is typically done by your primary care provider during routine medical visits.

Learn more about high blood pressure from the
[Public Health Agency of Canada](#).