

Prevent and Control America's
High Blood Pressure:

MISSION POSSIBLE



National Heart, Lung, and Blood Institute

National High Blood Pressure
Education Program



High blood pressure is called the “silent killer”
because there often are no symptoms.

Your numbers are your only warning.

Normal blood pressure is less
than 120/80 mmHg.

Take action now to prevent and control
high blood pressure.

For more information, talk to your doctor
or go to

<http://www.nhlbi.nih.gov/hbp/index.html>