



HEALTHY HEART

Hypertension is a condition commonly associated with narrowing of the arteries. This causes blood to be pumped with excessive force against the artery walls. It is a sign that the heart and blood vessels are being overworked.

According to the U.S. Center for Disease Control, more than 50 million people over age six (and 1 in 4 adults) have hypertension. Hypertension is a major health problem in the United States. Most cases of high blood pressure have no cure, but the overwhelming majority can be managed and controlled with diet and medication.

For more information about this topic, please visit: www.heartcenteronline.com