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WILLIAM, heart attack survivor.

THIS IS WHAT **HIGH BLOOD PRESSURE** LOOKS LIKE.

You might not see or feel its symptoms, but the results – a heart attack or stroke – are far from invisible or silent. If you’ve come off your treatment plan, get back on it, or talk with your doctor to create a new exercise, diet and medication plan that works better for you.

Go to **LowerYourHBP.org** before it’s too late.

