

# 5 SURPRISING FACTS ABOUT HYPERTENSION

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High blood pressure may be linked to dementia

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Young people can have high blood pressure too

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High blood pressure usually doesn't have any symptoms

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Many people who have high blood pressure don't know it

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Women and African Americans face unique risks when it comes to high blood pressure



**These facts are courtesy of the CDC.**

For more information, please refer to:

[https://www.cdc.gov/bloodpressure/5\\_surprising\\_facts.htm](https://www.cdc.gov/bloodpressure/5_surprising_facts.htm)