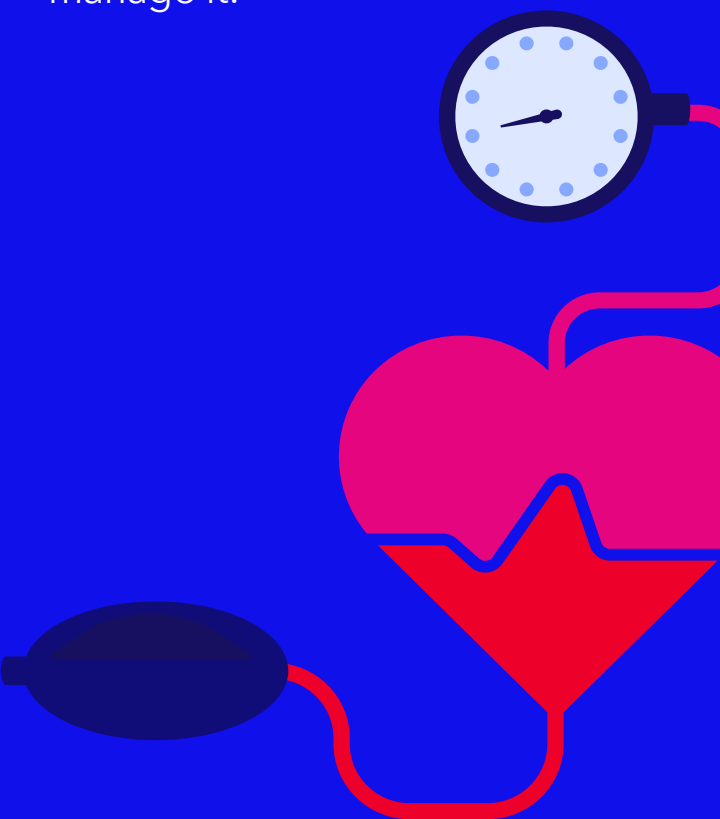


Medtronic

Get the facts about high blood pressure.

Understand the risks
and all the ways to
manage it.



Understand your high blood pressure

High blood pressure (also known as hypertension) is a very common health issue around the world. It often has no symptoms but raises serious health risks.¹

What causes high blood pressure?

Many factors increase your risk of developing high blood pressure.²

Factors you can control

- Diet
- Exercise
- Smoking

Factors you can't control

- Family history
- Race/ethnicity
- Age
- Gender
- Chronic conditions like diabetes and kidney disease



>1 billion

High blood pressure affects 1.28 billion people worldwide,¹ including men and women, young and old, people who are fit, people with other health problems, and many others.

What are the health risks?

What makes high blood pressure dangerous is that it often has no warning signs—so you could have it and not know it.¹ Symptoms (if they do occur) can be mild or severe, including headaches, nosebleeds, and shortness of breath.¹ If you have it, your heart works harder, raising your risk of:



Heart attacks²



Heart failure²



Strokes²



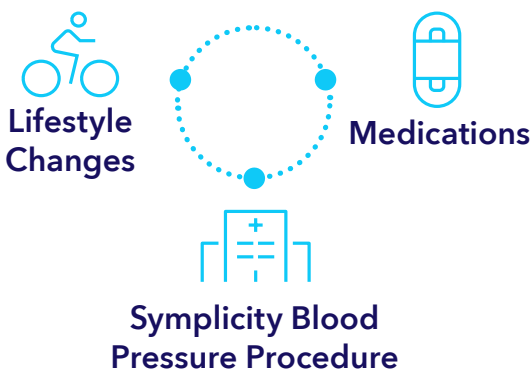
Kidney failure³

These risks are very serious—especially if your high blood pressure is left untreated.

What management are available?

For a long time, the only way to manage high blood pressure was through lifestyle changes, like diet and exercise, and medications.

Today, there is another approach called the Medtronic Symplicity™ blood pressure[†] procedure. It is a single, minimally invasive procedure that is proven to be safe and effective.⁴⁻⁶



[†]Licensed as Symplicity Spyral Multi Electrode Renal Denervation System.



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[medtronic.ca](https://www.medtronic.ca)**

What is high blood pressure?

Blood pressure measures how strongly the blood pushes against your arteries. It is considered “high” if it measures 140/90 mmHg or more on two different days.¹

Talk to your doctor and get checked

If you think you or a loved one may have high blood pressure, talk to your doctor to get measured and to learn about all the ways to get your numbers down.



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