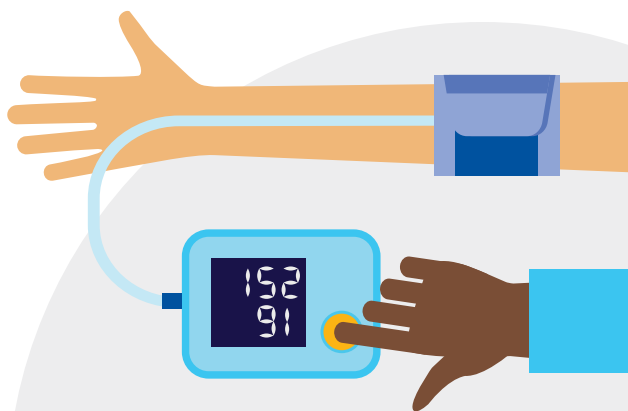


Medtronic

Get the facts about high blood pressure.

Understand the risks and
treatment options.



Scan to learn more

BeyondHBP.com/HighBloodPressure

How high is too high?

Your blood pressure is recorded as two numbers.

Systolic

The top number is your systolic blood pressure, or the amount of pressure experienced when the heart is beating.

Diastolic

The bottom number is your diastolic blood pressure, or the amount of pressure experienced when the heart is resting in between heartbeats.

U.S. guidelines from the American Heart Association define high blood pressure as any value greater than 130/80 mmHg.²

Talk to your doctor if you think you or a loved one may have high blood pressure. Get measured and learn about the ways to lower your numbers.

Understand your high blood pressure

High blood pressure (HBP), also known as hypertension, is a very common health issue around the world.¹ It often has no symptoms; in fact, many people are unaware they have it, but it raises serious health risks.²

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



Who has it?

Nearly half of U.S. adults have high blood pressure – about **75%** of them don't have it under control.^{3,4}

But not everyone is affected equally

Communities of color are disproportionately impacted by hypertension.⁵

- Black Americans have the highest prevalence of high blood pressure in the United States.⁵
- They are **20%** more likely to have hypertension.⁵
- They face a **5x** higher risk of death from hypertension-related causes.⁵
- Yet, they experience one of the lowest rates of blood pressure control.⁵

What are the health risks?

High blood pressure often has no warning signs – so you could have it and not know it.¹ If you have it, your heart works harder, raising your risk of:



Heart attacks²



Heart failure²



Strokes²



Kidney failure⁶

These risks are very serious – especially if left untreated.

What treatments are available?

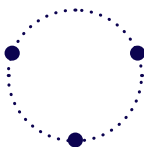
For a long time, the only way to treat high blood pressure was through lifestyle changes like diet and exercise, and by taking medications.

Today, there is an innovative approach that complements typical treatments, the Symplicity™ blood pressure procedure.⁷ It's a minimally invasive procedure, proven safe and effective, to help reduce high blood pressure.^{8,9}

Not every person will experience the same results. Talk to your doctor to see if the Symplicity blood pressure procedure is right for you. Your doctor should discuss all potential benefits and risks with you.



**Lifestyle
changes**



Medications



**Symplicity blood
pressure procedure**



**Hear from others
who have had
the Symplicity
procedure.**

BeyondHBP.com/PatientStories

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9. Böhm M, Kario K, Kandzari DE, et al. Efficacy of catheter-based renal denervation in the absence of antihypertensive medications (SPYRAL HTN-OFF MED Pivotal): a multicentre, randomized, sham-controlled trial. *Lancet*. May 2, 2020;395(10234):1444-1451.

Important Safety Information

The Symplixity™ blood pressure procedure (BPP) is a minimally invasive procedure approved to help lower high blood pressure. The procedure is approved as a complement to treatments you may already be trying, such as lifestyle modifications and high blood pressure medications that might not be adequately controlling your blood pressure. • Receiving the Symplixity BPP should be based on a joint decision between you and your doctor. Consider the benefits and risks of the device and procedure. Please talk to your doctor to decide whether or not the Symplixity BPP is right for you. • If you have a pacemaker or an ICD, your doctor will follow up with steps to take ahead of the procedure if you decide it is right for you. • At the time of your procedure, your doctor may detect certain anatomical conditions (e.g., your blood vessels are too big or too small) that do not allow the blood pressure procedure to continue • You should not receive the procedure if you cannot tolerate medications that are required for the procedure, like atropine, nitroglycerin, systemic blood thinners, or certain pain medications. These medications are to help you in case your heart rate drops too low, you experience pain, or your blood vessels tighten during the procedure. You should not receive the procedure if you are pregnant.

The Symplixity BPP has not been studied in patients: • Who are breastfeeding • Who are under 18 years old • Who have isolated systolic hypertension (only the "top number" of your blood pressure is high) • Who have secondary causes of high blood pressure • Who have had a renal stent placed less than 3 months prior to the procedure • Who had a prior minimally invasive treatment in their renal arteries (stenting, angioplasty, or prior renal denervation)

Potential risks of the Symplixity BPP (note that you may experience other problems that have not been previously observed with this procedure): • Allergic reaction to the imaging solution • Damage to your arteries • Future narrowing of your arteries • Arterio-enteric fistula (an abnormal connection between your aorta and your gastrointestinal tract) • AV fistula (an irregular connection between an artery and a vein) • Bleeding or blood clots • Bruising where the device enters your body (mild or severe) • Cardiac arrest or heart attack • Death • Deep vein thrombosis • Swelling • Slow heart rate • Infection • Low or high blood pressure • Damage to your kidneys that may cause one or both to stop working • Nausea or vomiting • Peripheral ischemia (lack of blood supply to your limbs) • Pulmonary embolism (a sudden block in your arteries that send blood to your lungs) • Pseudoaneurysm (blood collecting on the outside of a vessel wall causing a balloon-like widening) • Pain or discomfort • Skin burns from the failure of the equipment during the procedure • Exposure to radiation • Stroke

For further information, please call and/or consult Medtronic at 800-633-8766 or the Medtronic website at [medtronic.com](https://www.medtronic.com).

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