

BLOOD PRESSURE MYTHS



Myth #3

“High blood pressure runs in my family. There is nothing I can do to prevent it.”

Facts

High blood pressure *can* run in families. If your parents or close blood relatives have had high blood pressure, **YOU ARE MORE LIKELY TO DEVELOP IT**, too.

However, **LIFESTYLE CHOICES** have allowed many people with a family history of high blood pressure to avoid it themselves.



American Heart Association.

Hard Hats with Heart™