

# 1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE. ARE YOU ONE OF THEM?



Get your blood pressure checked regularly  
at your neighborhood pharmacy or doctor.

High blood pressure doesn't usually have noticeable symptoms.  
If uncontrolled, it can lead to heart attack and stroke.

Call 311 or visit [nyc.gov/health](https://nyc.gov/health) and  
search “**high blood pressure**”.



Office of the Mayor  
Mary T. Bassett, MD, MPH  
Commissioner