

# Mission In Motion

Health & Wellness  
Tip of the Week  
Week 21



May 20, 2013

Why is high blood pressure called the “silent killer”?

About one-third of Americans who have high blood pressure don't even know they have this condition. Left uncontrolled, high blood pressure can increase your risk of stroke, heart attack and kidney failure. Early diagnosis and treatment of high blood pressure are essential to good health, so be sure to get regular blood pressure checks.

*Source: University of California, Berkeley Wellness Letter*

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"And this is the only performance indicator that's moving up. Unfortunately, it's my blood pressure."