



## Hypertension: Blood Pressure Myths Debunked

Blood pressure is surrounded by persistent myths that delay proper treatment. Misconceptions create fear, denial, or inappropriate reassurance. Separating myth from physiology improves outcomes. Education is prevention.

Common myths include "BP only matters when symptoms occur" and "medication means failure." In reality, hypertension is often silent and cumulative. Lifestyle and medication frequently work synergistically, not competitively.

Monitoring trends often reveal damage risk long before symptoms appear.

Correcting myths allows earlier intervention and better long-term vascular protection.

### 01 Is This Your Story?

A patient avoids treatment because BP "only spikes sometimes." Over time, readings trend upward. After learning that intermittent elevation still damages arteries, they engage in treatment early and prevent progression.

### 02 Try This Today

**Measure:** Identify one belief you hold about blood pressure.

**Do:** Replace it with evidence-based understanding today.

**Reflect:** Ask whether beliefs are protecting or delaying care.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

