

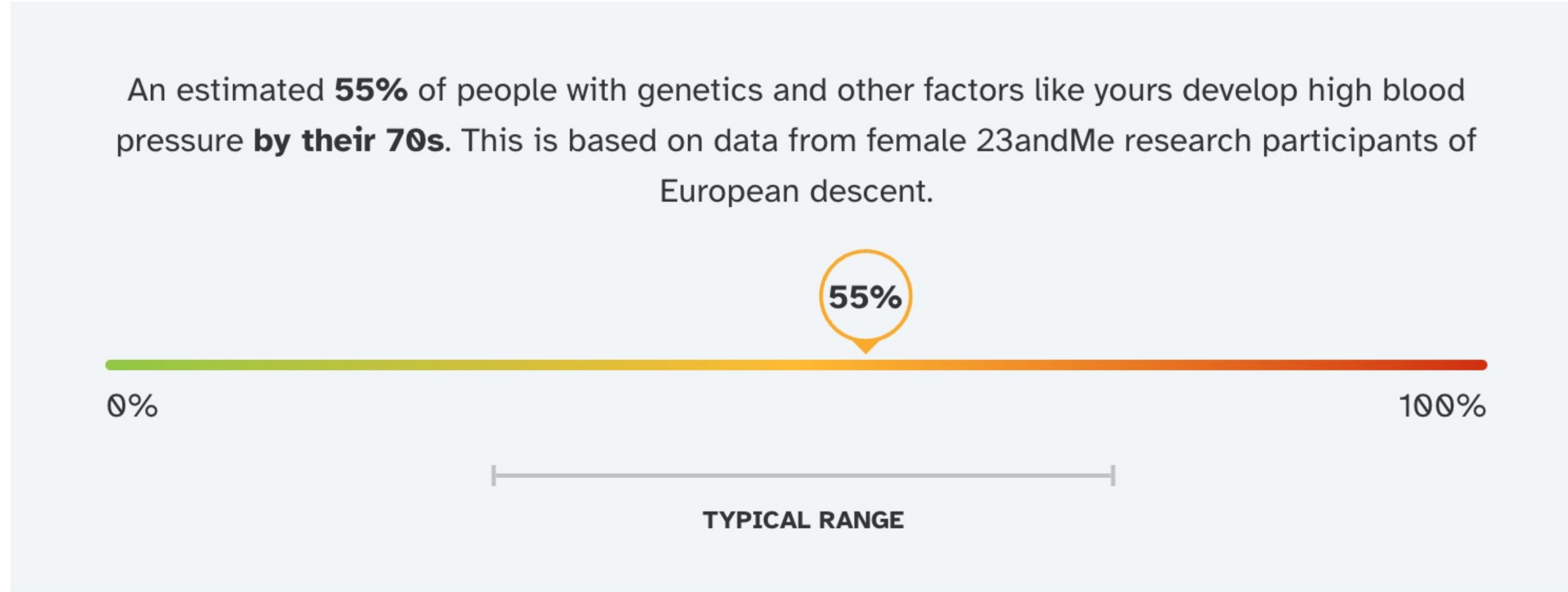
# High Blood Pressure

POWERED BY 23ANDME RESEARCH

High blood pressure, also called hypertension, is when the blood puts too much pressure on the walls of blood vessels, which can lead to heart disease, stroke, and other health problems.



Jamie, your genetic result is associated with a **typical likelihood** of developing high blood pressure.



This estimate is based on currently available data and may be updated over time.

## Ways to take action

Your overall likelihood of developing high blood pressure also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.

- Maintain a healthy weight
- Eat a low-sodium, heart-healthy diet
- Exercise regularly
- Don't smoke
- Limit your alcohol consumption



Since blood pressure tends to go up as people get older and there may be no symptoms, it's also important to check your blood pressure at least every two years.

[Learn more from the American Heart Association](#)

## About high blood pressure

### What is high blood pressure?

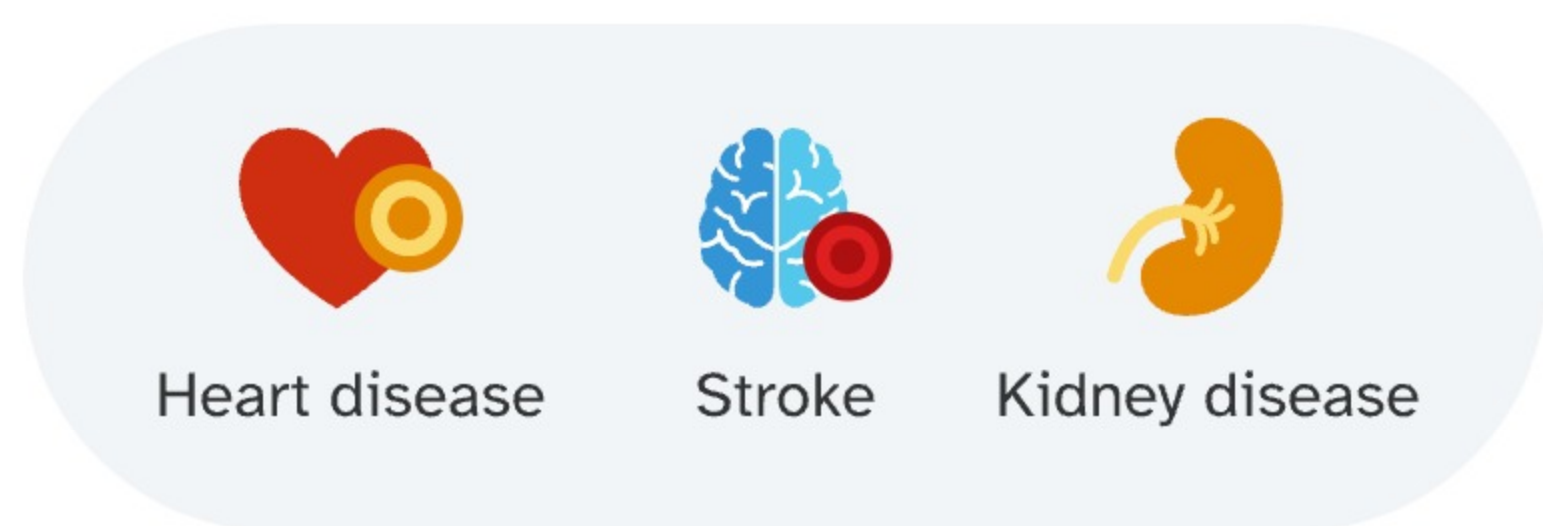
In blood pressure measurements, the top number (systolic blood pressure) is the highest pressure that blood puts on the blood vessels during the peak of a heartbeat. The bottom number (diastolic blood pressure) is the lower pressure in between heartbeats. A healthy blood pressure is lower than 120/80 mmHg (said "120 over 80 millimeters of mercury"). Elevated or high blood pressure is when either the top or bottom number is higher than that.

### Blood pressure categories

	Systolic (top)	and	Diastolic (bottom)
<b>Healthy</b>	<b>Less than 120</b>		<b>Less than 80</b>
<b>Elevated</b>	<b>120-129</b>		<b>Less than 80</b>
<b>High</b>	<b>130 or higher</b>	or	<b>80 or higher</b>

### How can high blood pressure impact your health?

Though high blood pressure may have no symptoms, it puts stress on the blood vessels and the heart. This increases the risk of health problems like heart disease, stroke, and kidney disease. That means it is important to check your blood pressure regularly.



**Estimate your risk** for complications of heart disease, including stroke. This tool from the American Heart Association uses non-genetic factors, and is for individuals who are at least 40 years old.

### Other factors that can impact your chances of developing high blood pressure

Across the general U.S. population, as many as 85-90% of people are expected to develop high blood pressure in their lifetime. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing high blood pressure include:

- Age (high blood pressure becomes much more common as people get older)
- Being of African American descent
- Family history (especially if one or both parents had high blood pressure before the age of 55)
- Other health conditions (including obstructive sleep apnea, high cholesterol, chronic kidney disease, type 1 diabetes, and type 2 diabetes)



Age



Ethnicity



Family history



Certain health conditions

## Keep in mind

This report **does not diagnose** high blood pressure or hypertension. **Consult with a healthcare professional** if you are concerned about your likelihood of developing high blood pressure, have a personal or family history of high blood pressure, or before making any major lifestyle changes.



If you have already been diagnosed with high blood pressure by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medication and lifestyle modifications.



The likelihood of developing high blood pressure also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing high blood pressure.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

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Refer friends, earn rewards.

Get reward

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