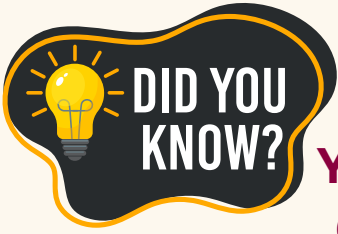


THE IMPORTANCE OF CHECKING BLOOD PRESSURE IN YOUTH (AGES 13-18)



HIGH BLOOD PRESSURE IN YOUTH IS OFTEN OVERLOOKED?

Managing high blood pressure in youth reduces risk for heart disease and kidney issues in adulthood!



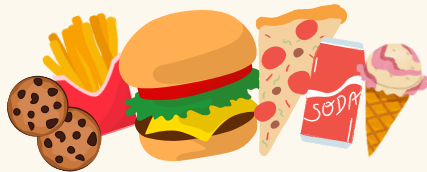
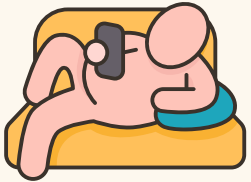
Only 15-33% of teenagers are getting checked each year.

And under **25%** with high blood pressure get diagnosed and receive treatment

We must spread knowledge about high blood pressure in youth and how to avoid it!

WHAT INCREASES HIGH BLOOD PRESSURE IN YOUTH?

Physical Inactivity



Unhealthy Diet

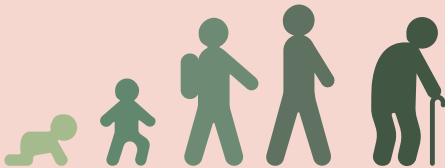
Obesity



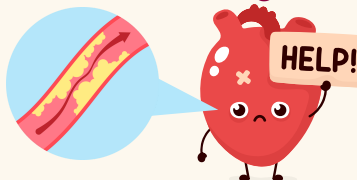
Differences in Wages & Opportunities

WHAT IF YOU DON'T TREAT HIGH BLOOD PRESSURE IN YOUTH?

High Blood Pressure as an Adult



Heart Damage



Leads to other Problems



WHY PARENTS SHOULD ACT NOW!

Parents of all teenagers (13+) should ask a local pharmacist for a blood pressure checkup



May Measurement Month is a study being conducted by the University of Alberta Researchers. Anyone aged ≥ 13 years and who provides consent can participate. The study involves completion of a short questionnaire and 3 blood pressure measurements taking a total of 15-20 minutes. Research Ethics Board ID# Pro00152029.

