

"But I Feel Fine..."

This Month's Focus

One of the most common things I hear is,
*"Karen...I feel perfectly fine. Do I really
need to worry about my blood pressure?"*

The answer is yes—and here's why.

High blood pressure usually doesn't make you feel sick.
In fact, most people with high blood pressure feel
completely normal. That's why it's often called
the silent killer.



It can slowly damage your heart, brain,
kidneys, eyes, and blood vessels for
years before you ever notice a symptom.



The good news?

When we find high blood pressure early,
we have an opportunity to treat it and help
prevent those problems before they happen.

On the Outside...

- ✓ I feel fine.
- ✓ I have energy.
- ✓ I don't have pain.
- ✓ I feel normal.
- ✓ I'm living my life.

High blood
pressure can
quietly affect
your body
long before you
notice symptoms.



On the Inside...



Your heart
is working harder.



Your brain
is under extra pressure.



Your eyes
are being affected over time.



Your kidneys
are being affected over time.



Your blood vessels
are under more pressure.



That's Why We Check It

Blood pressure is one of the few
health conditions we can often
find before it causes problems.



Checking your blood pressure
regularly gives us the chance to
protect your health—not just treat
disease after it develops.



Our goal isn't to find problems—
it's to prevent them.

From Karen...

*"Feeling well is wonderful—but it
doesn't always tell us what's
happening inside the body."*



Checking your blood pressure
isn't about looking for bad news.
It's about making sure your heart
stays healthy for many years
to come.

Karen's Tip

**When you check your
blood pressure, don't
forget your heart rate!**

Most blood pressure monitors
also display your heart rate (pulse).

When you share your blood
pressure readings with me,
include your heart rate too.

It helps me understand the
bigger picture and can
sometimes influence which
treatment options may be
the best fit for you.



Karen's Challenge

THIS WEEK...

- ☐ Check your blood pressure.
- ☐ Write down BOTH your blood pressure and your heart rate.
- ☐ Have both available for your next visit.

Remember...

You can feel perfectly fine and
still have high blood pressure.
Small, healthy choices today
help protect your heart
for years to come.



Contact Karen

407-867-1758

karencorner@carter-familypractice.com

Care that
feels human
again.

I'm here for you.

If you have questions or concerns
about your heart health, I'm
always here to help.