

High blood pressure, also known as hypertension, affects millions of Americans- even some children. It is the most common cardiovascular disease. High blood pressure can threaten arteries and lead to strokes and heart disease. It affects more than 73 million people in the U.S. There are ways to treat and prevent high blood pressure though. Follow these steps to achieve a normal range.

1. If you smoke, quit.
2. Control stress and tension. [Click here for tips on controlling stress.](#)