



High blood pressure (hypertension) is often called the **“silent killer”** because most people don’t feel any symptoms until it becomes severe. However, when symptoms do occur, they may include:

- **Headaches** (especially in the morning)
- **Dizziness or lightheadedness**
- **Blurred vision or vision problems**
- **Chest pain or pressure**
- **Shortness of breath**
- **Nosebleeds** (though not common, can happen with very high spikes)
- **Fatigue or confusion**
- **Irregular heartbeat**

The tricky part: many of these symptoms don’t show up until blood pressure is dangerously high. That’s why **regular checks are so important** even if you feel fine.

Give us a call if you have any of these symptoms or would like to discuss your blood pressure. We’re here to help you live your happiest, healthiest life!