

**BENDING OVER
BACKWARDS**



**TO LOWER
YOUR BLOOD
PRESSURE?**

If you're taking two or more blood pressure medicines and your blood pressure is still high—the missing link could be a hormone called

ALDOSTERONE

The hormone aldosterone could be keeping your blood pressure high

If you are taking two or more blood pressure medicines and still have high blood pressure, could something be working against your best efforts?

Aldosterone (al-dah-stuh-rohn) is a hormone made in the kidneys that helps regulate blood pressure. But in some people, aldosterone could be the reason for high blood pressure. Today, there are no high blood pressure medicines available that directly target aldosterone.

But there's good news: doctors are finding out about different ways to target aldosterone directly.



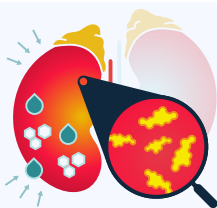
How aldosterone works



When blood pressure lowers, the kidneys produce an enzyme called renin



Renin leads to the adrenal gland producing the hormone aldosterone



Aldosterone controls blood pressure by regulating the levels of sodium (salt), potassium, and water



Aldosterone contributes to high blood pressure, inflammation, and damage to the heart, blood vessels, and kidneys



Renin



Aldosterone



Sodium



Water

Learning how aldosterone works can help you better understand high blood pressure and potential consequences.

High blood pressure is a warning sign

People taking two or more blood pressure medicines who still have high blood pressure are living with an increased risk of:



HEART DAMAGE



STROKE



DEMENTIA



KIDNEY DISEASE

Reduce your blood pressure to reduce your risk

Each additional 10-point drop in the top number of your blood pressure reduces your risk of:

↓ STROKE ^{BY}
27%

↓ HEART FAILURE ^{BY}
28%

↓ DEATH ^{BY}
13%

People with high blood pressure have an even higher risk of heart attack and stroke in the morning

This is due to several factors, including a natural morning spike in blood pressure and heart rate. Routinely monitor your blood pressure in the morning and at bedtime to understand your levels over 24 hours. Not all blood pressure medicines work 24 hours a day.

Even if you've experienced a reduction in blood pressure—if your blood pressure remains high, there are still benefits to doing more.

Guidance from the AHA

For most people with high blood pressure, clinically known as hypertension, the American Heart Association (AHA) recommends maintaining blood pressure consistently lower than **130/80 mm Hg**

Blood Pressure Stages



NORMAL

<120

<80



ELEVATED

120-129

<80



HIGH

STAGE 1 HYPERTENSION

130-139

80-89



HIGH

STAGE 2 HYPERTENSION

≥140

≥90



SEVERE HYPERTENSION

>180

>120

Systolic blood pressure is the first (top/upper) number. It measures the pressure your blood is pushing against your artery walls when the heart beats.

Diastolic blood pressure is the second (bottom/lower) number. It measures the pressure your blood is pushing against your artery walls while the heart muscle rests between beats.

Set a specific goal with your doctor. Reaching your goal reduces your risk and could mean more time spent enjoying the activities you love.

Measure consistently

Getting to your goal is more than having a few good readings

Always log your blood pressure at least once in the morning and once at bedtime and share your readings with your doctor at your next appointment.

AHA tips for measuring your blood pressure:

- ✔ Avoid smoking, caffeine, or exercise for at least 30 minutes before measuring
- ✔ Empty your bladder
- ✔ Allow at least 5 minutes of quiet rest prior
- ✔ Sit with your back supported, feet flat on the floor, and legs uncrossed
- ✔ Ensure proper cuff fit against bare skin
- ✔ Stay seated, stay still, and don't talk during the measurement



Could aldosterone be the missing link that's keeping your blood pressure high?

If you are taking two or more blood pressure medicines and still have high blood pressure, start a conversation with your doctor about aldosterone (al-dah-stuh-rohn)



I'm interested in learning more about how we could target aldosterone directly to manage my high blood pressure.

Can you tell me more?

Find out if targeting aldosterone directly could change how your high blood pressure is treated.



AstraZeneca is researching the impact of aldosterone in high blood pressure.

Scan the QR Code to stay informed on the newest updates.

