

HIGH BLOOD PRESSURE — WARNING SIGNS —



Severe headaches

Intense, persistent headaches



Vision problems

Blurry or double vision



Chest discomfort

Pain, pressure, or tightness in chest



Dizziness and Balance Issues

Feeling lightheaded or unbalanced



Shortness of breath

Difficulty breathing or catching breath



Nosebleeds

Unexplained bleeding from the nose



Blood in urine

Urine appears reddish in color



Fatigue

Persistent feeling of tiredness

Seek immediate medical attention if you experience these symptoms with high blood pressure readings.

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