Hypertension & You

What is hypertension?

Hypertension is a disease that is due to high blood pressure. Some people refer to hypertension as a "silent killer", as most people don't know they have it before it damages their organs. If not treated on time, it can lead to:

- Heart attack
- Stroke
- Kidney Disease
- Sudden Death
- Heart Failure
- Peripheral Vascular Disease

What are symptoms of hypertension?

Some people may experience:

- Headaches
- Nose Bleeds
- Shortness of Breath
- Blurry Vision

Hypertension often presents with no obvious symptoms. Regular screening by your healthcare provider is crucial to identifying a diagnosis of hypertension.

How can I manage it & reduce my risks?

Eat Healthily

- Limit salty foods
- Drink Water
- Lots of Fruits & Veggies



Exercise

- 30 minutes of exercise, 5 days a week
- Maintain optimal weight



Education

- Learn about hypertension from trusted sources, such as the US Centers for Disease Control



Check ups

- See a doctor
- Follow any prescription and other medical advice



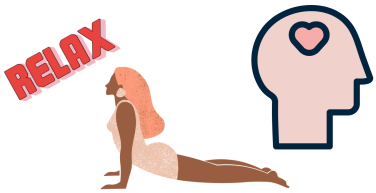
Smoking and alcohol

- Stop smoking and reduce alcohol intake



Manage stress

- Stress can increase blood pressure



RURAL PRIMARY HEALTH IMPROVEMENT PROGRAMME.