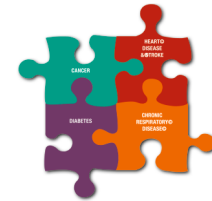


Hypertension (high blood pressure)

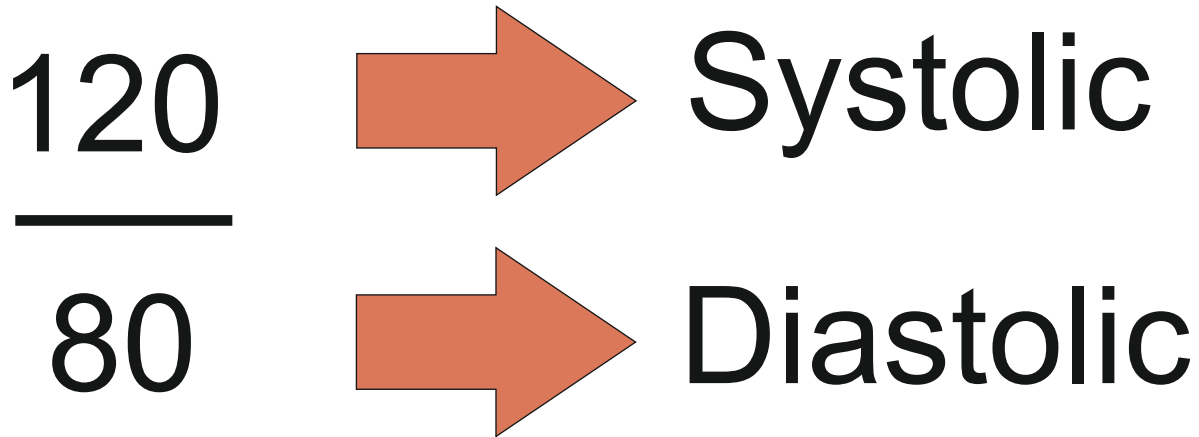


Developed by

WHO Collaborating Centre for Capacity Building and Research in Community-based Noncommunicable Disease Prevention and Control

Centre for Community Medicine, All India Institute of Medical Sciences (AIIMS), New Delhi, India

What do your blood pressure numbers mean?



A normal blood pressure is 120/80mm of Hg

Systolic pressure: the pressure of the blood when your heart beats to pump blood out

Diastolic pressure: the pressure of the blood when your heart rests in between beats

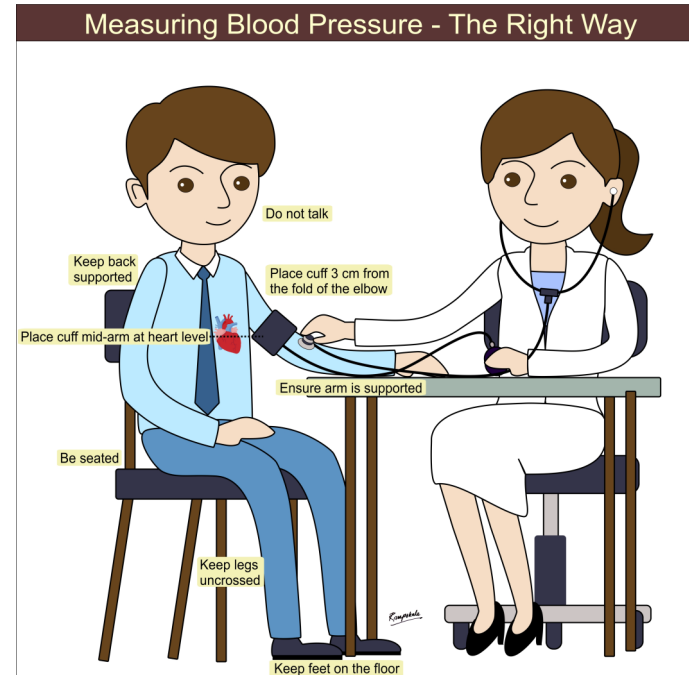
What is normal blood pressure?

Blood pressure is the force of blood against your artery walls as it circulates through your body.

Systolic pressure: the pressure of the blood when your heart beats to pump blood out

Diastolic pressure: the pressure of the blood when your heart rests in between beats

When this pressure is too high over a long period of time, it puts strain on the walls of the arteries, and that begins to create complications.



What do your blood pressure numbers mean?

120 → Systolic
80 → Diastolic

A normal blood pressure is 120/80mm of Hg

Systolic pressure: the pressure of the blood when your heart beats to pump blood out
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FOR PATIENTS

FOR HEALTH CARE PROVIDER

Symptoms of high blood pressure

Most patients with high blood pressure have no symptoms unless their blood pressure is very high.

Common symptoms are

- headache
- dizziness
- noticeable irregular heart beats



High blood pressure is a SILENT KILLER

Symptoms of high blood pressure

- Most people think of a **dizziness or headache** as common symptoms of hypertension.
- However, **most patients with hypertension have no symptoms** unless their blood pressure is very high.
- As such, patients are tempted to skip their regular check-ups or even their medication because they lack symptoms.
- However, untreated hypertension with no symptoms can cause stroke, heart failure, myocardial infarction, or even death.
- This is why hypertension is called a “**silent killer**” because it can end your life suddenly without warning signs.
- It should be emphasized that most patients have no symptoms.

Symptoms of high blood pressure

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Common symptoms are

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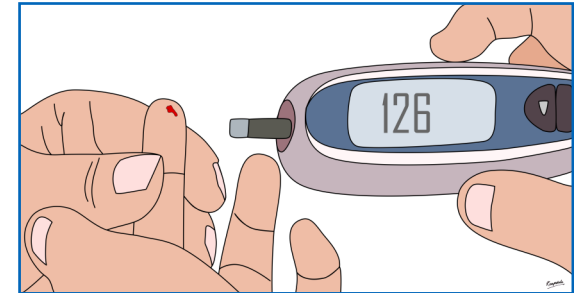


High blood pressure is a **SILENT KILLER**

FOR PATIENTS

FOR HEALTH CARE PROVIDER

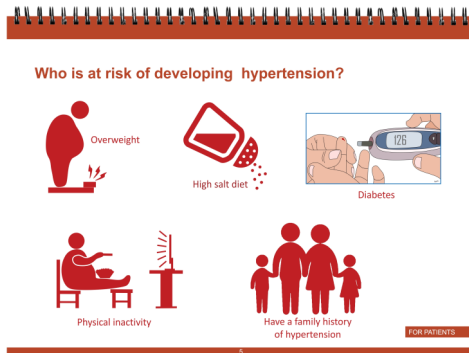
Who is at risk of developing high blood pressure?



Risk factors of hypertension

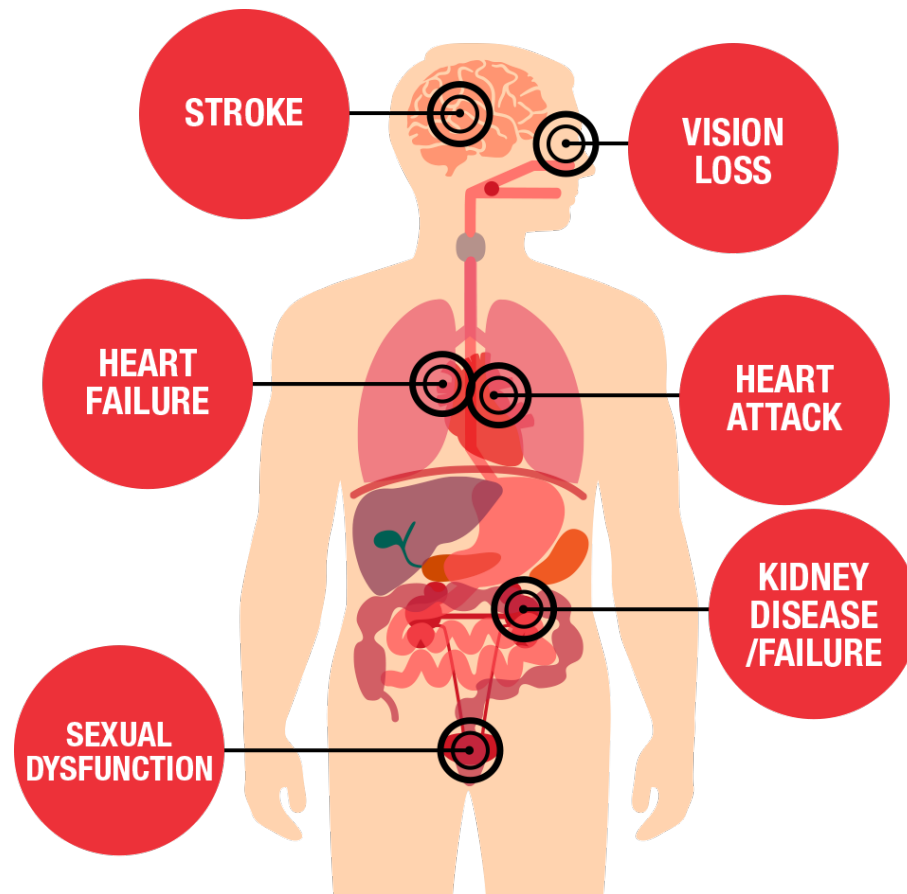
Risk factors of hypertension are:

- Advanced age, genetic link (family history),
- Obesity or overweight,
- High salt intake,
- Harmful use of alcohol,
- Tobacco use,
- Physical inactivity,
- Lack of fruits and vegetables.
- Diabetes
- High cholesterol level



FOR HEALTH CARE PROVIDER

Consequences of untreated and uncontrolled high blood pressure



Complications (consequences) of hypertension

In most cases, the damage done by hypertension takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:

Heart attack — High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.

Stroke — High blood pressure can cause blood vessels in the brain to clog more easily or even burst.

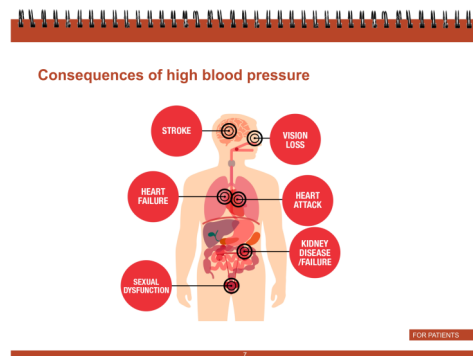
Heart failure — The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.

Kidney disease or failure — High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.

Vision loss — High blood pressure can strain or damage blood vessels in the eyes.

Sexual dysfunction — High blood pressure can lead to erectile dysfunction in men or lower libido in women.

Angina — Over time, high blood pressure can lead to heart disease

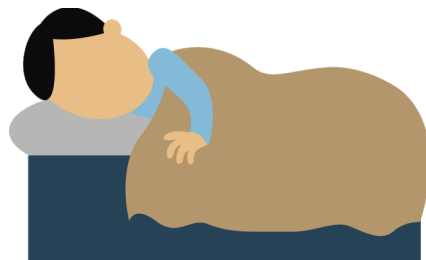


FOR HEALTH CARE PROVIDER

Healthy lifestyle to control your blood pressure



Eat Less salt



Sleep well



Avoid Stress



Maintain healthy weight



Eat variety of food
Reduce saturated and trans fats



Take prescribed
medicines regularly



Do regular physical activity



Quit smoking

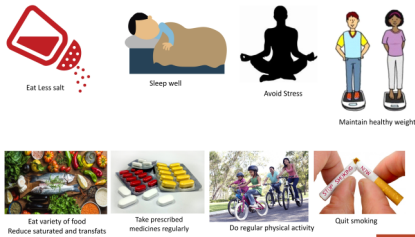
FOR PATIENTS

Can high blood pressure be treated?

There are two ways to manage hypertension: practicing a healthy lifestyle and taking your medication regularly. The aim of a healthy lifestyle is to control risk factors such as tobacco use, harmful use of alcohol, physical inactivity and high salt intake.

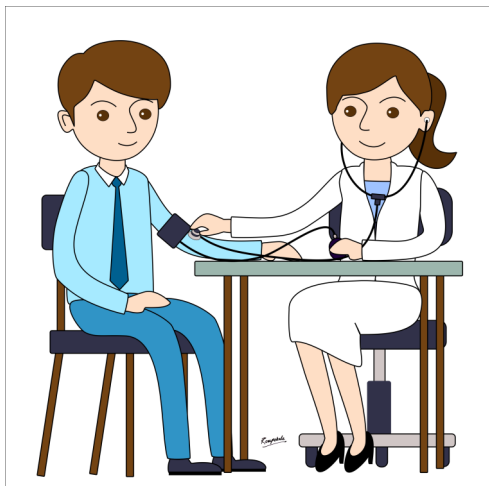
If your blood pressure is very high, then your doctor may recommend that you start taking drugs right away, but you need to continue pursuing a healthy lifestyle.

Healthy lifestyle to control your blood pressure



FOR HEALTH CARE PROVIDER

Remember..



Check your blood pressure regularly



Even if you're feeling fine,
NEVER STOP taking your medicines



Get your regular check-ups
to detect complications

Remind patients to..

- Always take their prescribed medications even if they feel fine
- Checked the blood pressure regularly
- Follow healthy lifestyle along with medications
- Once a year, get thorough investigations to rule out any complications to the heart, kidneys, eyes etc.



FOR HEALTH CARE PROVIDER



**World Health
Organization**

Regional Office for South-East Asia