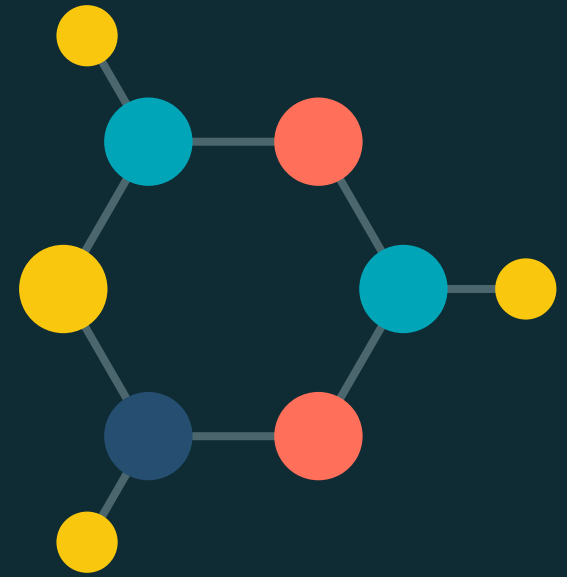


Hypertension: The Silent Killer



Measure, manage and live well



Agenda

01

Overview

02

Signs & causes

03

Care

04

Action



What is high blood pressure?

Hypertension means blood pressure that stays at or above 140/90 mmHg, straining the heart and blood vessels.

It often has no symptoms, so regular checks matter. Untreated, it raises the risk of stroke, heart attack and kidney disease.



Medical illustration



Why it matters

1 in 4

adults may have high BP
(illustrative)

120/80

is a healthy reading

5 g

daily salt limit advised

Illustrative figures — cite current guidelines for your audience.



Common symptoms

1

Usually none

Many feel completely well.

2

Headache

Sometimes in severe cases.

3

Dizziness

Occasional light-headedness.



Risk factors

- Too much salt
- Overweight
- Stress and poor sleep
- Family history

TIP

Check your blood pressure at least once a year.



Diagnosis



Measure

Seated, rested reading



Repeat

On different days



Test

Kidney and sugar tests



Treat

Lifestyle and medicines



Prevention and treatment

Prevention

- ✓ Cut salt and pickles
- ✓ Walk 30 minutes a day
- ✓ Keep a healthy weight
- ✓ Limit alcohol

Treatment

- DASH-style diet
- Regular exercise
- Medicines as prescribed
- Home monitoring



When to see a doctor

Situation	Action
BP above 180/120 with chest pain	Emergency care now
Readings above 140/90	See a doctor
Side effects from medicines	Talk to your doctor

General information, not medical advice.



Healthy habits

1

Measure

Home BP log.

2

Less salt

Taste food before adding.

3

Relax

Daily breathing practice.



Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team