

# Measure your **BLOOD PRESSURE** Accurately, Control it, Live longer



**PLATINUM  
HEALTH**

World Hypertension Day is observed every year on May 17th. The aim of this year's theme is to create awareness about the importance of accurate measurement of blood pressure. It also emphasizes the need to control high blood pressure to prevent complications such as heart disease, stroke, and kidney failure. If left untreated, hypertension can be fatal.

**If you've been diagnosed with high blood pressure,  
these simple steps can help you keep it under control:**

## **Know your numbers**

People diagnosed with high blood pressure should control it within the range of 140/90 mm Hg, as per the International Hypertension Association guidelines, but ideally it should be 120/80 mm Hg.

## **Keep checking your blood pressure at home**

Take ownership of your treatment by tracking your blood pressure.

## **Work with your doctor**

Your healthcare provider will guide you on how to lower your blood pressure. Keep to the guidelines and never deviate!

## **Take your medication**

If you take chronic medication, continue with your treatment and take it exactly the way your doctor prescribed.



## **Make a few lifestyle changes**

- Stop smoking.
- Maintain a healthy weight.
- Eat healthier, with lots of fruit, vegetables and low-fat dairy.
- Reduce salt intake.
- Increase physical activity.
- Limit alcohol intake



## **Very important:**

Suffering from hypertension puts you at risk of becoming severely ill if you get infected with Covid-19. It has been proven that the Covid-19 vaccine offers 96% protection against severe illness and death. Protect yourself and get vaccinated if you have not already done so!