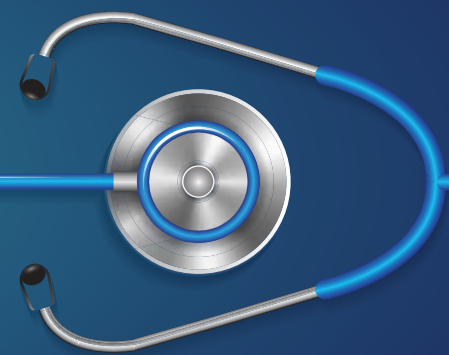


# Platinum Health Page



## HYPERTENSION

Approximately four in 10 adults older than 25 have hypertension.

This means that nearly one billion people have hypertension. The unfortunate part is that around 50% of these people are unaware of their condition.

Of those who are aware, half do not take any action to control their blood pressure, either through lifestyle modification or medication.



[Click here](#)

To find out more about the signs and symptoms of hypertension, its causes, and how to control it.

## ADJUSTMENT DISORDERS

Adjustment disorders are excessive reactions to stress that involve negative thoughts, strong emotions and changes in behaviour.

The reaction to a stressful change or event is much more intense than would typically be expected. This can cause a lot of problems in getting along with others, as well as at work or school.



[Click here](#)

To find out more about its symptoms, causes, risk factors and where you to turn to for help.

## 10 Tips for a HEALTHY BACK

The back and the spine are the epicentre of messages from your body to your brain: they are the control pathway between the two.

It is like having a messenger between the two, but if that messenger is not working correctly then it can cause complications.

Looking after your spine is the most important way to protect this pathway.



[Click here](#)

For tips on how to maintain a healthy back

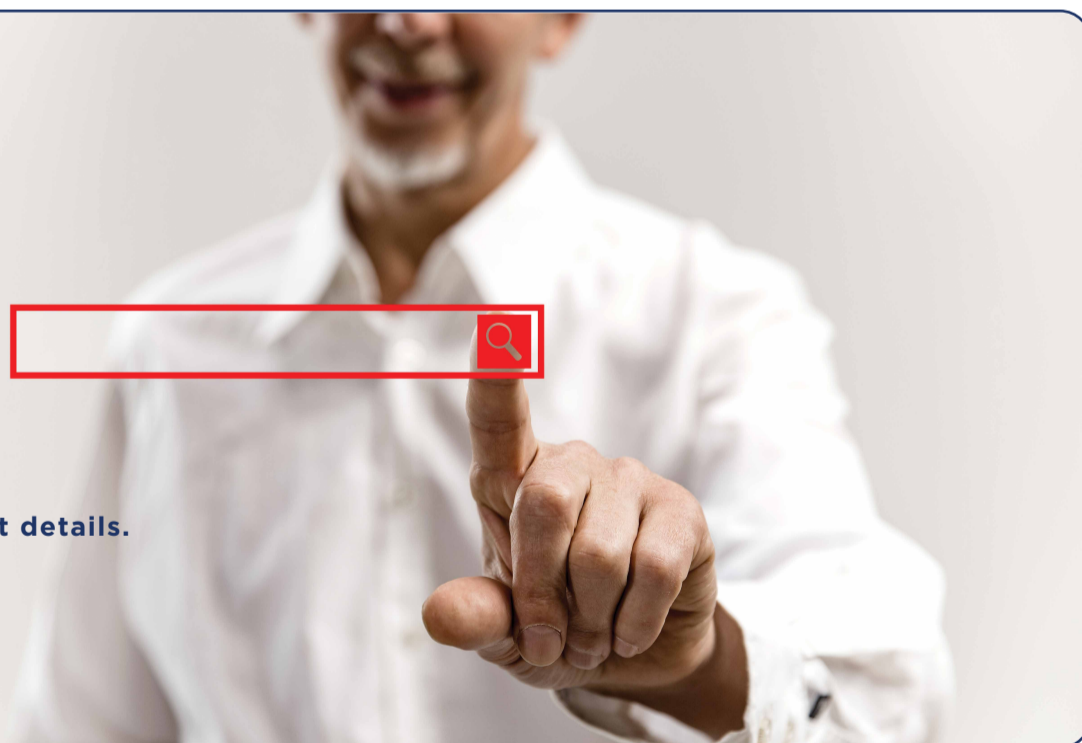
## PLATINUM HEALTH

Important Contact Details

Do you need assistance from Platinum Health, but you are not sure who to contact?

[Click here](#)

To view important contact details.



## All about your HORMONES

Hormones are your body's chemical messengers and are part of the endocrine system. They play a critical role in our body's chemistry.

Our endocrine glands make these hormones which travel through our bloodstream to tissues and organs.

The endocrine system regulates most of our body's major systems and functions and in many ways are our "chemical brain".



To find out more about hormones and the body functions they affect.

[Click here](#)

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PLATINUM HEALTH