



# Hypertension

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## What you need to know!

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### ! Did you know that high blood pressure is also called hypertension?

Hypertension is:

- When blood pressure is higher than normal.
- A chronic disease that requires treatment.

### ? What is blood pressure?

It is the force that pumps blood through the body.

### ⚙️ What causes high blood pressure?

High blood pressure can be caused by a variety of factors, including genetics, lifestyle choices, and medical conditions:.

- Lack of physical activity.
- Being overweight.
- Too much salt intake.
- Stress.
- Too much alcohol intake.
- Chronic heavy smoking.



## Act now!

Check your blood pressure and encourage your loved ones to do the same. Raised blood pressure is the number one cause of preventable death.

- This chronic disease can be a “silent killer” as the symptoms are not obvious.
- One in five people with hypertension don’t know that they have it.

## Why should you get your blood pressure checked regularly?

When your blood pressure is higher than normal, you are in danger of experiencing a heart attack or stroke.

## How is your blood pressure checked?

One simple and easy test that can be done by a healthcare provider



## What you can do to prevent high blood pressure!

These lifestyle choices can help prevent hypertension and its complications:

- Start doing regular physical activity.
- Try to lose weight.
- Improve your diet.
- Relax.
- Adopt a healthy lifestyle.
- Talk to your doctor.
- Take your medication as prescribed.

If you need help with managing your hypertension, talk to a healthcare provider closest to you.

