

# WORLD HYPERTENSION DAY

17 MAY 2021



PLATINUM  
HEALTH

Approximately one in three South Africans suffers from high blood pressure (hypertension). This is a major risk factor for heart attacks and strokes. Suffering from hypertension has also proven to be a major risk factor in disease severity for people who are infected with the COVID-19 virus.

## RISK FACTORS

- **Age:** the older one is, the higher the risk.
- **Family history :** Genetics is a major role player in developing hypertension
- **Smoking** markedly increases the risk of heart disease or stroke.
- **Excess alcohol** - regular alcohol intake is clearly associated with high blood pressure.
- **Being overweight** - Obesity increases the risk of developing high blood pressure.
- **Low physical activity.**

## MANAGE HYPERTENSION WITH LIFESTYLE CHOICES

- **Take your chronic medication** as prescribed and make sure to have at a least two-week supply.
- **Eat healthy.** Get plenty of vegetables, fruits, and whole grains. Choose non-fat dairy and lean meats.
- **Decrease salt** intake in your diet.
- **If you are obese,** lose weight as it reduces your blood pressure.
- **Do regular exercise** as it lowers blood pressure helps with stress and weight loss.
- **Manage stress** in healthy ways such as deep breathing or meditation.
- **Quit smoking.** Tobacco causes blood pressure to rise and plaque to build up quickly in your arteries.
- **Avoid or limit alcohol intake.**

*Keeping members informed, because we care!*

