WORLD HYPERTENSION DAY – 17TH MAY 2023

PLATINUM HEALTH

High stress levels, obesity, sedentary lifestyle, and poor dietary habits are some of the main reasons for hypertension. Additionally, a high-salt diet and drinking too much alcohol are known causes of hypertension.

What is Hypertension?

- Hypertension, or high blood pressure, is a common condition that will catch up with most people who live into older age.
- When it's too high, it raises the heart's workload and can cause serious damage to the arteries & organs.
- Over time, uncontrolled high blood pressure increases the risk of heart disease, stroke, and kidney disease.

The Ideal Numbers:
Ideal blood pressure is 120/80mmHg. Blood pressure higher than 140/90 is classified as high blood pressure or hypertension. Blood pressure over 130/85mmHg is called pre-hypertension.

Signs and Symptoms of Hypertension

- Severe headache
- Shortness of breath
- Nosebleed
- Severe anxiety
- Feeling of pulsations in the neck or head

Healthy lifestyle

- **Exercise:**
  - 30 Minutes' walk in the morning/evening.
  - Aerobics, flexibility, and strength training exercises can help in the long run.
- **Eat healthy:**
  - Includes whole grain cereals, fruits, vegetables, low fat dairy products, lean meat, fish and low salt.
- **Don't stop taking your medication**, reduce your salt intake, Stop/reduce smoking, Avoid alcohol.

To lower Hypertension

Conscious lifestyle modifications and medications can lower blood pressure and decrease the risk of health complications.

Healthy employee = Long, Healthy Productive Life