



World Hypertension Day

Let's find out more about high blood pressure!

May 17 is **World Hypertension Day**, a special day dedicated to learning more about high blood pressure.

High blood pressure, commonly known as "BP", "High blood" or "Hypertension", is a common condition that affects as many as 1 in 3 adults. This silent killer usually has no symptoms but can cause serious harm to one's heart, kidneys, brain and eyes over time. Many people don't feel any symptoms until it's too late, so it's important to check your blood pressure regularly.

- An estimated 46% of adults with hypertension are unaware that they have the condition.
- Less than half of adults (42%) with hypertension are diagnosed and treated.
- Approximately 1 in 5 adults (21%) with hypertension have it under control.

What is Hypertension?

It is when the force of blood pushing against your blood vessels is too high. When this pressure stays too high over time, it can damage your blood vessels and organs.

The ideal blood pressure measurement:

- Ideal blood pressure is 120/80mmHg with the 120 representing the force pushing blood and the 80 representing the resting phase.
- Blood pressure higher than 140/90 is classified as high blood pressure or hypertension.
- Blood pressure over 130/85mmHg is called pre-hypertension.

You won't feel high blood pressure most of the time – but it's there, silently causing damage!

Hypertension can be caused by the following factors:

- Older age
- Genetics
- Being overweight or obese
- Not being physically active
- High salt diet
- Smoking
- Drinking too much alcohol
- Thyroid disorder
- Certain medical conditions like diabetes or kidney disease
- Stress



What are the signs and symptoms?

NB: Most people don't feel any symptoms and resist being screened and treated. It is important to get your blood pressure checked whenever you go to the doctor.

But patients may experience:

- Headaches
- Blurry vision
- Nosebleeds
- Dizziness
- Nausea
- Chest pains or shortness of breath
- Abnormal heart beats

If not controlled or managed, high blood pressure can lead to the following:

- Stroke
- Heart attack
- Kidney failure
- Vision loss
- Heart and blood vessel disease

How to prevent and control high blood pressure?

- Check your blood pressure regularly
- Limit alcohol and avoid smoking
- Maintain a healthy weight
- Keep a balanced diet with less salt and more fruit and vegetables
- If lifestyle changes aren't enough, your doctor may prescribe medication to help lower your blood pressure. These must be taken as directed – even if you feel fine.

Hypertension may be silent but it's not invisible.

Today, pay attention to your health, take regular blood pressure checks and implement healthy habits into your lifestyle. Early treatment can help you live a longer healthier life! **Know your numbers and take control today.**