High blood pressure – did you know?

High blood pressure or hypertension is a **silent killer**

- High blood pressure often has no warning signs or symptoms. Many people do not realize they have it
- High blood pressure increases the risk of heart attacks, strokes and kidney failure
- Uncontrolled high blood pressure can cause blindness, irregularities of the heart beat and heart failure

High blood pressure can be **prevented**

The risk of developing high blood pressure can be reduced by:

- reducing salt intake
- eating a balanced diet
- avoiding harmful use of alcohol
- doing regular physical activity
- maintaining a healthy weight
- avoiding tobacco use

High blood pressure can be **treated**

- It is important to have your blood pressure checked regularly
- Medicines for treating high blood pressure should be taken as prescribed to prevent complications
- Along with medication, continue to follow a healthy lifestyle

Blood pressure – take control