

HYPERTENSION

What is Hypertension?

Hypertension occurs when the blood pressure in the blood vessels is too high. It is defined as a health facility or clinical blood pressure (BP) reading of $\geq 140/90\text{mmHg}$. Hypertension is usually detected through consistent high readings taken over time.

Risk Factors of Hypertension

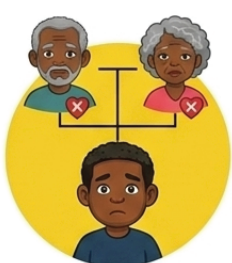
In most people, the exact cause of hypertension is unknown, but a combination of certain factors and lifestyle behaviours can increase the risk of developing it. These factors and/or behaviours that increase your chances of developing hypertension include:



Older age



Alcohol use



Family history



Overweight /
Obesity



Stress



Unhealthy diet



Poor sleep



Smoking



Physical inactivity

Signs and symptoms of Hypertension

Hypertension is often called the "silent killer" because it usually has no symptoms, but when blood pressure is very high, some people may experience:



Headaches



Dizziness



Nosebleeds



Shortness
of breath



Blurred
vision



Fatigue



Fainting



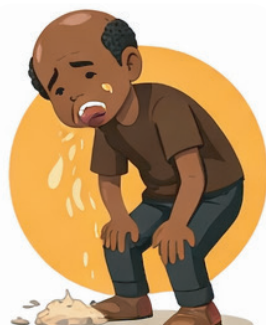
Chest pain



Palpitations



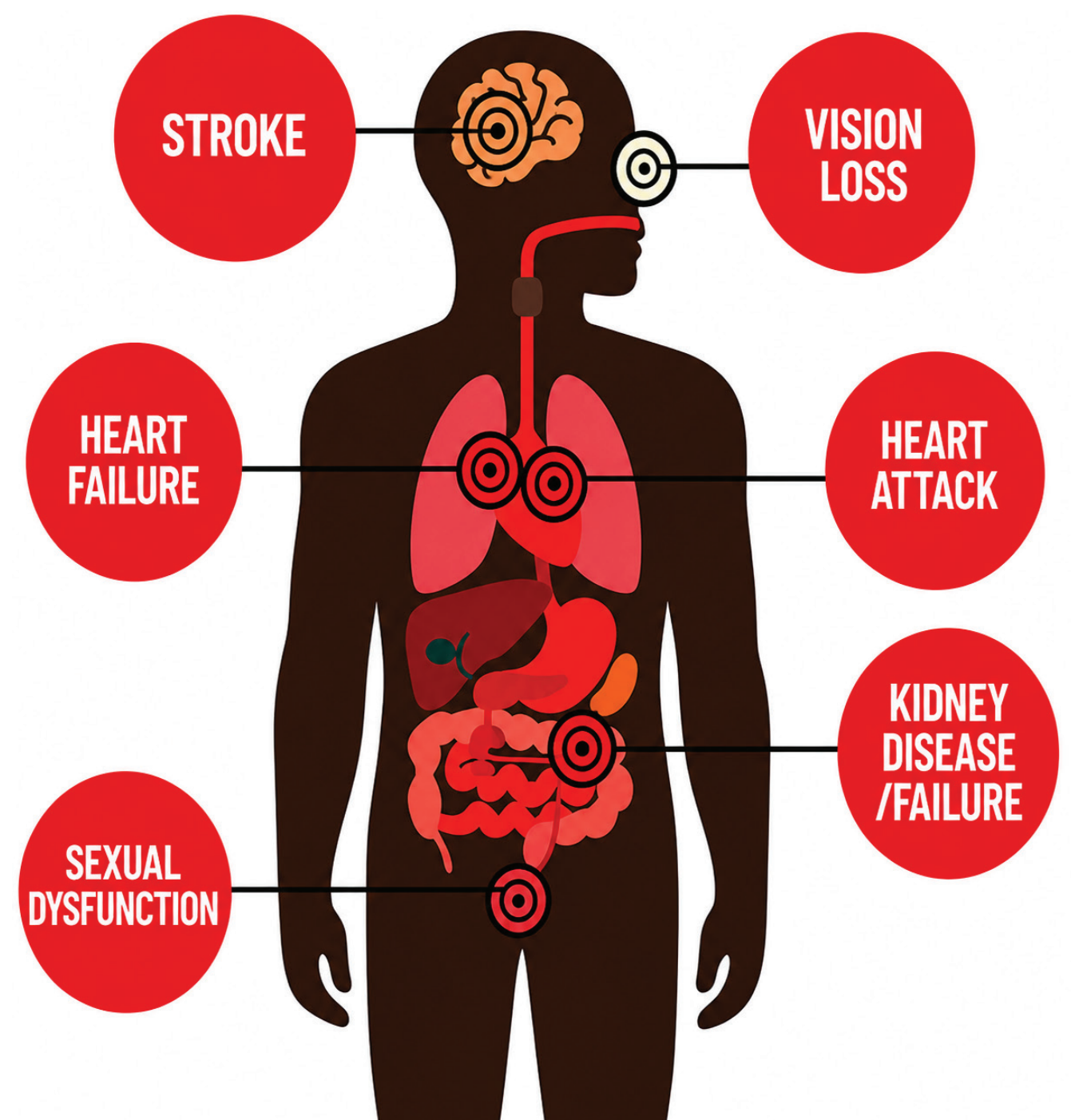
Nausea



Vomiting

Complications of Hypertension

If hypertension is not well managed it can lead to serious complications such as:



Why Keep High Blood Pressure Under Control!

It is essential to treat Hypertension in order to:

- Ensure control of blood pressure levels
- Prevent complications like heart attack, stroke, kidney failure, etc.
- Reduce healthcare cost
- Improve quality of life with improved sexual function
- Reduce risk of death

