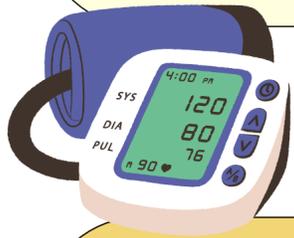


High Blood Pressure

High blood pressure is a condition where the force of blood against the artery walls is higher than normal. It happens when the heart has to work harder to pump blood. Often, it has **no visible symptoms**, which is why it is called a "**Silent Killer**." Most people only find out through **regular blood pressure checks**.



Symptoms:

- Chest pain or trouble breathing
- Irregular heartbeat
- Nausea or nosebleeds
- Blurred vision or ringing in the ears
- Severe headache or feeling dizzy
- Restlessness, anxiety or confusion

Dangers:



- Heart attack and stroke
- Heart failure
- Kidney damage
- Vision problems or blindness
- Brain bleeding (brain haemorrhage)
- Issues with sexual health and complications during pregnancy

Prevention and Management:

- Reduce salt in your diet
- Walk or do light exercise for 30 minutes daily
- Eat a balanced and fresh diet – include fruits, vegetables and low-fat foods
- Reduce stress – practice yoga, meditation and get proper sleep
- Maintain a healthy weight
- Avoid smoking and alcohol
- Check your blood pressure regularly
- Take medicines only as advised by your doctor and keep up with follow-ups

