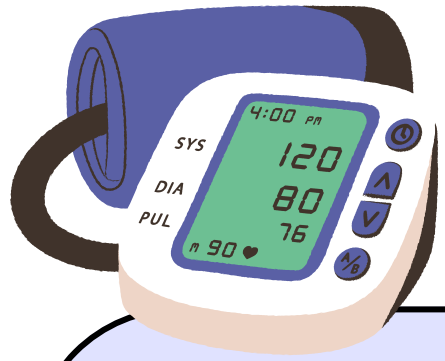


High Blood Pressure

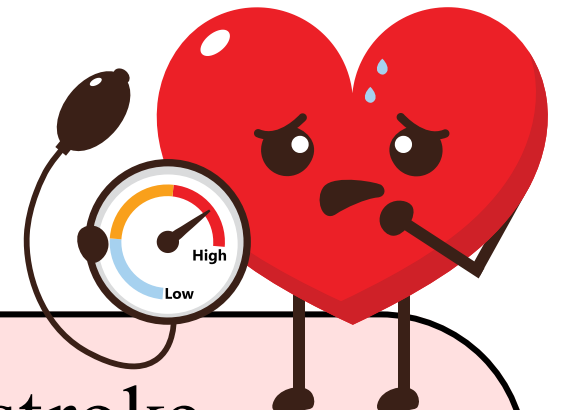
High blood pressure (hypertension) occurs when the force of blood against artery walls stays **higher than normal (120/80 mmHg)**, making the heart work harder to pump blood. It commonly results from poor diet, inactivity, obesity, stress, smoking, and family history. It often has **no symptoms**, that is why it's called a **“Silent Killer.”**



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 (haemorrhage)
- Sexual health issues and complications during pregnancy

Prevention and Management:

- **Do not ignore symptoms**
- **Check your blood pressure regularly**
- **Reduce** salt in your diet & **Maintain** a healthy weight
- **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
- **Avoid** smoking and alcohol
- **Take** medicines only as advised by your doctor and keep up with follow-ups

