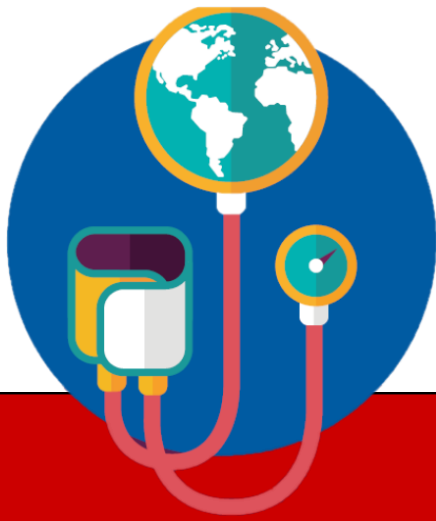


WORLD HYPERTENSION DAY

MAY 17th

With a goal of increasing high blood pressure (BP) awareness in all populations around the world.

know your numbers



1 IN 5



Adults in India have high blood pressure

RISK FACTORS

AGEING



SMOKING



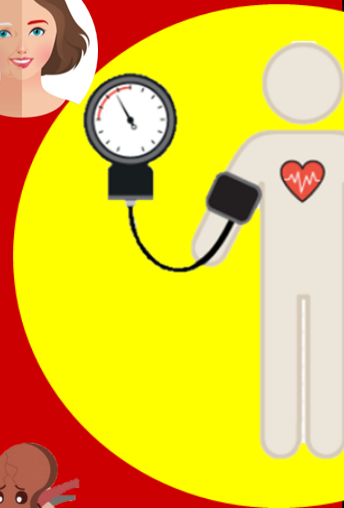
OBESITY



DIABETES



RENAL DAMAGE



HYPERTENSION AFFECTS YOUR WHOLE BODY



STROKE



LOSS OF VISION



HEART DISEASE



KIDNEY DAMAGE



SEXUAL DYSFUNCTION

BP GOALS

GRADE	SBP/DBP mm Hg
Normal	<120/80
Elevated	120-129 / <80
Grade 1	130-139 / 80-89
Grade 2	≥140/90

TREATMENT GOALS

Hypertensive	BP goal to be achieved
Elderly	<130
Adults	<130/80 (with or without clinical CVD OR 10yr Atherosclerotic Cardiovascular Disease risk ≥ 10%)
CHD *	<130/80
Diabetes	
CKD*	

IMPORTANT STEPS TO LOWER BLOOD PRESSURE



MAINTAINING HEALTHY WEIGHT



BE PHYSICALLY ACTIVE

(Brisk walk -45 min ; 5days/ week)



FOLLOW A HEALTHY EATING PLAN



REDUCE SODIUM IN DIET



DRINK ALCOHOL IN MODERATION



TAKE PRESCRIBED ANTIHYPERTENSIVE DRUGS AS DIRECTED