



## HIGH BLOOD PRESSURE

High blood pressure is known as the "silent killer," as it often has no symptoms.

Hypertension or high blood pressure could be as devastating to global health as HIV.

In India, hypertension is one of the largest epidemics along with diabetes and is believed to affect 25% of the country's adult population - According to the news update in times of India.

When the statistics are so alarming its time for we, the Medical professionals and management students to focus on this issue and give a solution to it.

To create awareness among the people about the disease, the need to build capacity in healthcare systems — both public and private — which include improving patient safety protocols and quality of care.

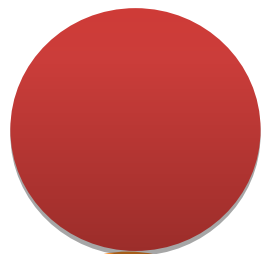
### ***PREVENTION IS BETTER THAN CURE!!!***

Educating people about healthy eating habit, the need to exercise regularly and routine screening for vital health parameters like blood pressure and body mass index (BMI) is the need of the hour.

Comprehensive hypertension management should focus not only on reducing the blood pressure, but reducing the cardiovascular risk

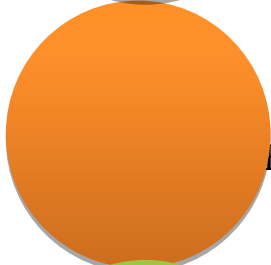
by lifestyle measures, lipid management, smoking cessation, and regular exercise.

Low sodium, low sugar, high potassium diet along with weight loss solutions can be a healthy approach to treating high blood pressure.



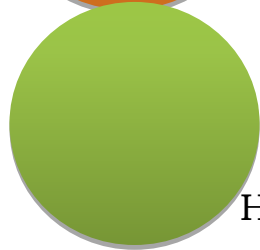
HYPERTENSION  
HIGH BLOOD PRESSURE

**Think**  
**Change**



MILD USE OF ALCOHOL  
REDUCE SALT CONSUMPTION

**Attitude**  
**Knowledge**



HEALTHY DIET  
PHYSICAL ACTIVITY  
HEALTHY BODY WEIGHT

**Healthy lifestyle**

**140**

**REMEMBER YOUR NUMBERS**

**HYPERTENSION**

**90**

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