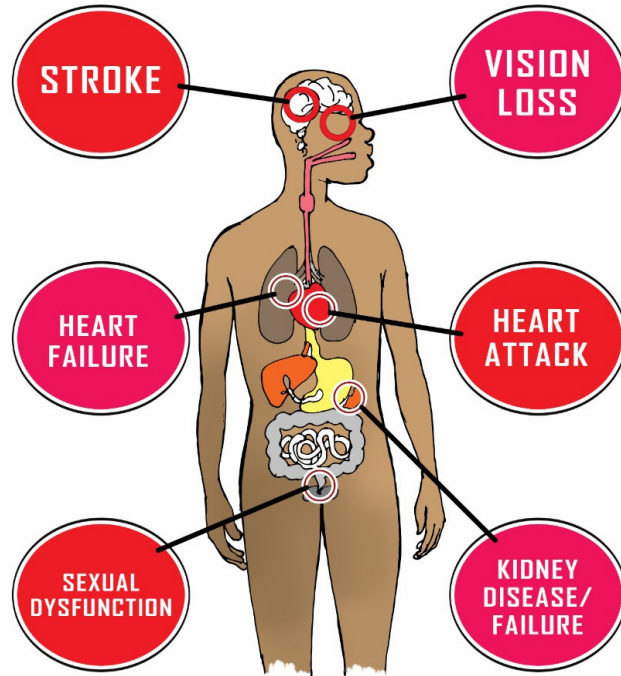


Dangers of hypertension.



Hypertension endangers every organ in the body. Most importantly:

- **Brain:** Stroke is one of the complications of untreated hypertension.
- **Eyes:** Impaired vision and blindness.
- **Heart:** Heart failure and heart attack can lead to sudden death.
- **Kidneys:** Kidney disease.
- **Arteries:** Hardening or calcification of arteries.
- **Erectile dysfunction.**

These complications are more likely for those with diabetes and hypertension.

Interpretation of the numbers on the sphygmomanometer.

The first number is the systolic blood pressure or the pressure of the blood on the walls of the arteries during heartbeats. This is the bigger of the two numbers for blood pressure measurements.

The second number, at the bottom, is the diastolic blood pressure or the pressure of the blood on the walls of the arteries between heartbeats.

The right blood pressure is systolic less than 120 and diastolic less than 80.

Hypertension means a systolic pressure of 130 and more or a diastolic of 80 and more.

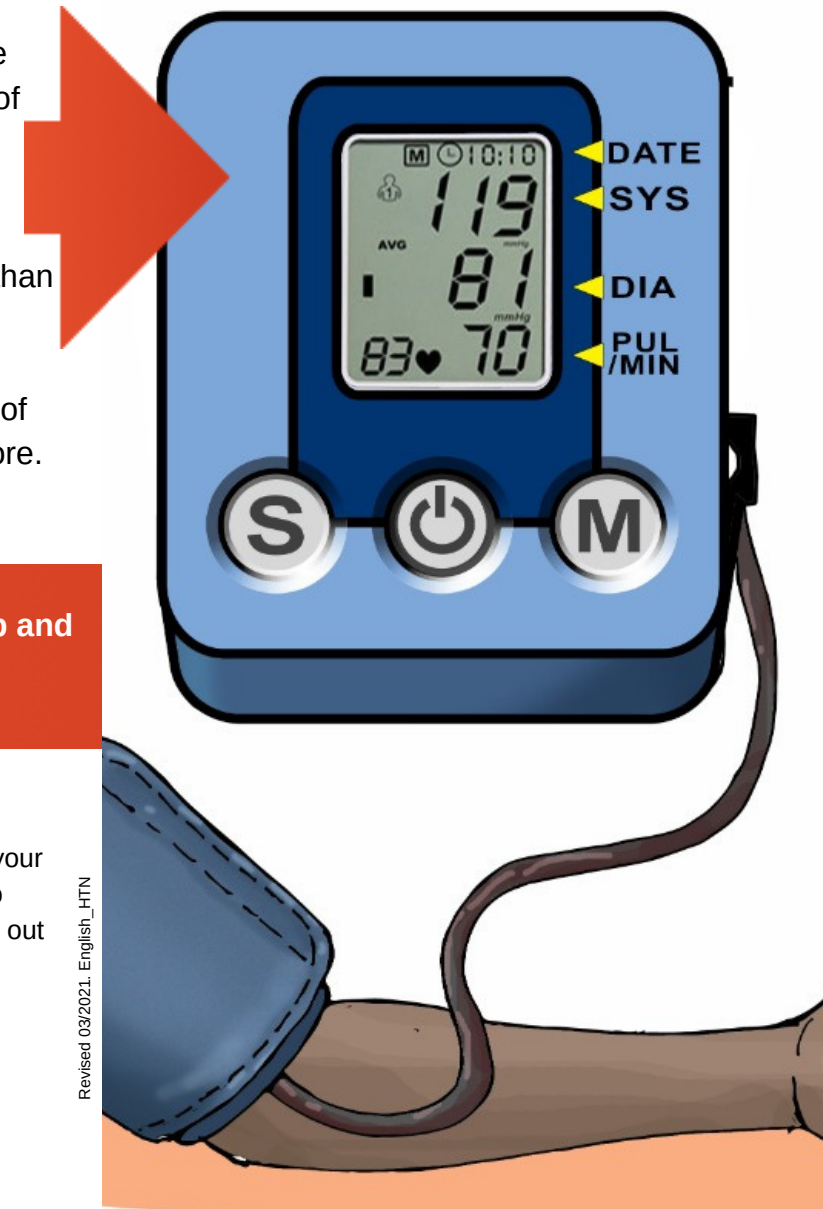
Hurry to see your doctor for check up and treatment for hypertension.

Start a asibiti co-operative health association in your community today and we can all work together to combat this silent killer. Go to **asibiti.com** to find out more.

asibiti  Community against diabetes and Hypertension.

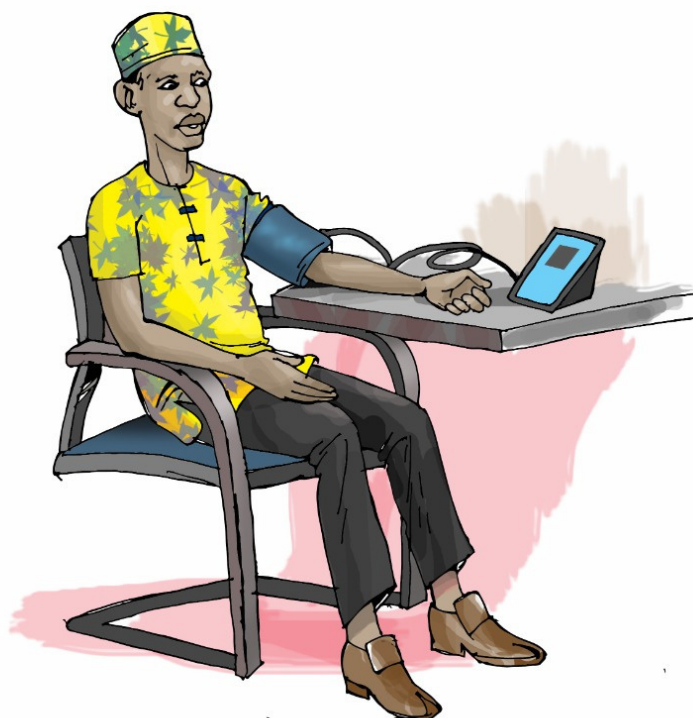
Learn about hypertension.

Know more about this silent killer.



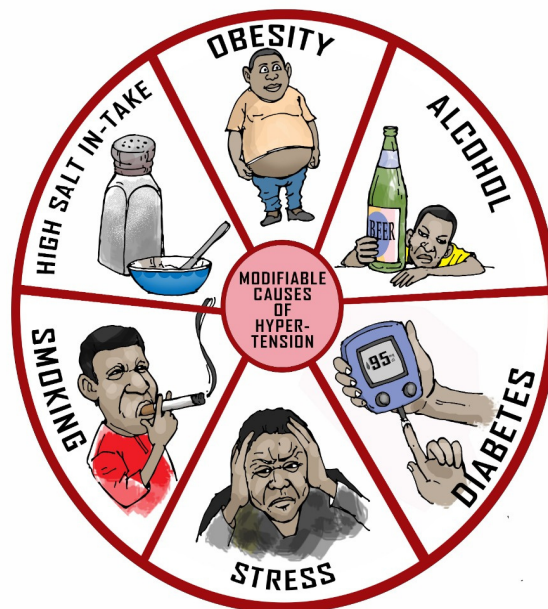
Revised 03/2021. English_HTN

Steps for a proper way to measure your blood pressure.



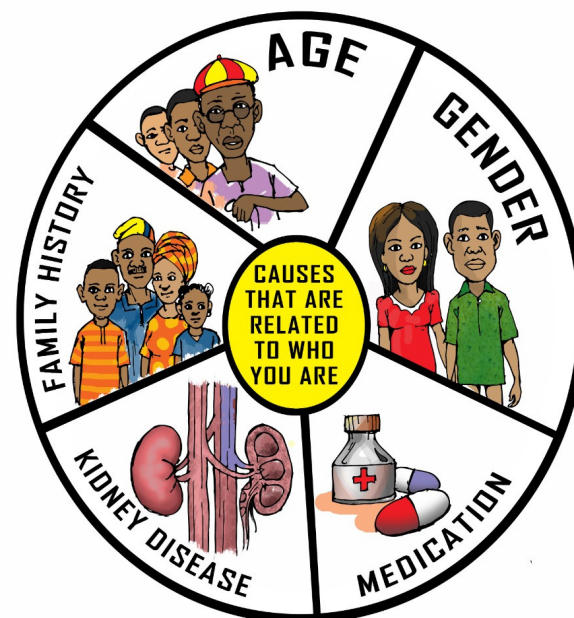
- Sit in a comfortable chair with your feet on the ground.
- Wear the cuff in the right or left arm at the level of the heart.
- Adjust the cuff to fit snugly without causing discomfort.
- Turn on the sphygmomanometer to start the measurement.

Modifiable causes of hypertension.



- **Obesity:** Strive to exercise or engage in activities or work that cause sweating for one hour daily.
- **Food with high salt content:** Reduce salt in meals.
- **Alcohol:** Excessive consumption of alcohol or palm wine.
- **Cigarettes and tobacco:** Do not smoke cigarettes or tobacco.
- **Diabetes** may cause hypertension.
- **Excessive stress.**

Causes that are related to who you are.



- **Age:** The risk of hypertension increases as we age. It can be seen in children but it's uncommon.
- **Family History:** Hypertension is more likely in those whose either or both parents are hypertensive.
- **Gender:** Up till the age of 64, hypertension is commoner in men. From 65 years on, it is commoner in women.
- **Kidney disease** can cause hypertension.

Please take your medications correctly and see your doctor from time to time. Speak to your doctor before taking any new medicine.