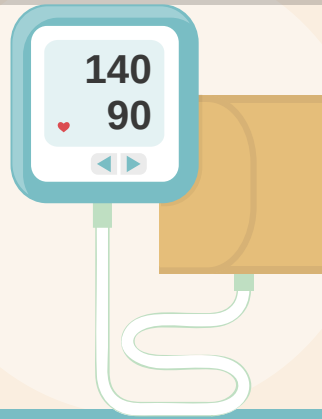


HYPERTENSION: ACT NOW!

What is hypertension?

Blood pressure is the force of circulating blood against the walls of the body's arteries, the major blood vessels in the body. **Hypertension is when the force of the blood pressure is excessive.**

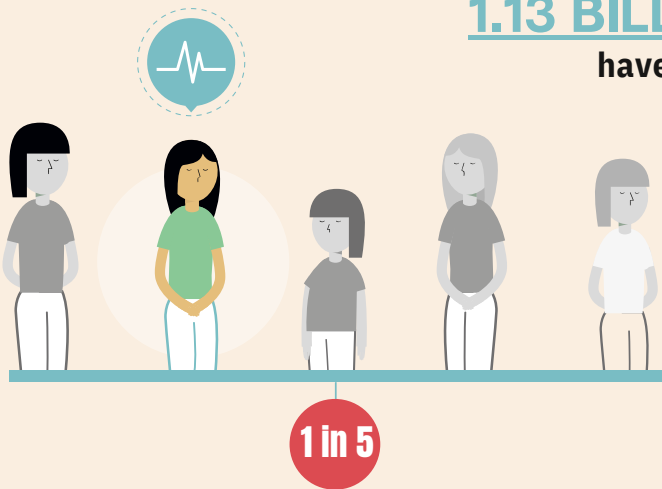
Most people with high blood pressure **DO NOT KNOW THEY HAVE IT.**



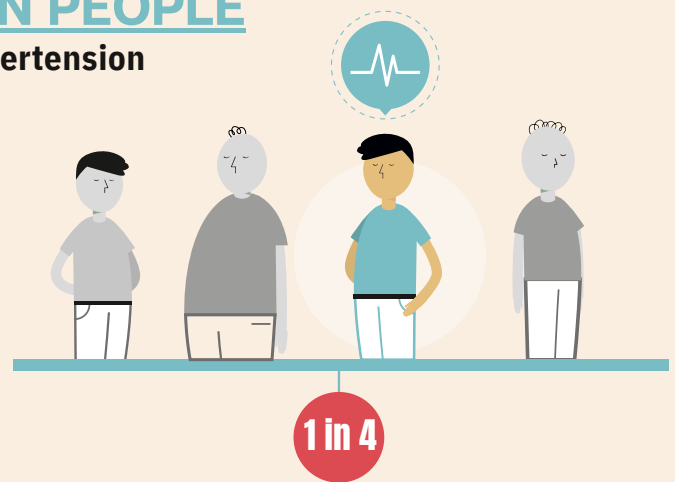
Hypertension is diagnosed if blood pressure readings are **140-90** or above on two different days.

How many people have high blood pressure?

1.13 BILLION PEOPLE
have hypertension



WOMEN HAVE HYPERTENSION



MEN HAVE HYPERTENSION

What are the risk factors?



Salt consumption



Harmful use of alcohol



Low intake of fruits and vegetables



Lack of physical activity



Saturated fat and trans fats

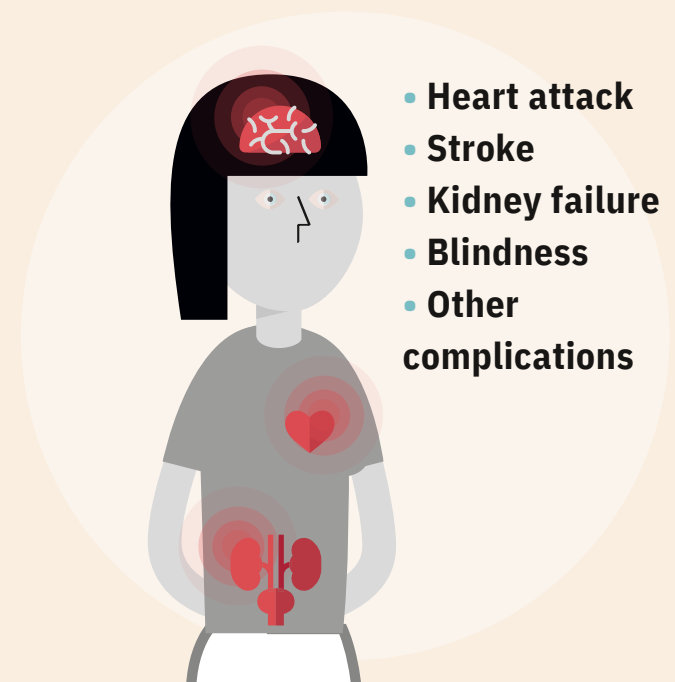


Tobacco use



Being overweight or obese

What are the consequences?



How to prevent hypertension?

- Reduce salt (to less than 5g daily)
- Eat fruit and vegetables regularly
- Avoid saturated fats and trans fats
- Avoid tobacco
- Reduce alcohol
- Be physically active, daily



How to detect hypertension?

Health workers should **regularly** check people's blood pressure.



**NO SYMPTOMS
DOES NOT MEAN
normal blood pressure**

People might have high blood pressure **WITHOUT ANY WARNING SIGNS OR SYMPTOMS.**

How to control hypertension?

Hypertension treatment is indicated for adults whose blood pressure is **140 – 90** mmHG or higher. Treatment adherence is critical for blood pressure control.



- **Follow medical advice and adhere to lifestyle changes**
- Take medicines as prescribed
- Regularly check blood pressure
- Reduce and manage stress

VOTE BECAUSE YOUR HEALTH AND LIFE DEPEND ON IT!

Voting is **GOOD** for your health! When you use your vote to elect politicians who care about your community and care about improving the health in your area, **YOU WILL SEE CHANGE.** Use your vote to take action for yourself, your family and your community! Register to vote and then **VOTE** on election day!

Nigerian Physicians Advocacy Group
www.NPAGROUP.org