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# NEWSLETTER

## World Hypertension Day 2023

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The heart is the body's most vital organ. When it beats, it pumps blood into the vessels which send the blood around the body. The force of pushing blood against the walls of the blood vessels is called the blood pressure. When the blood pressure is high, the heart has to pump harder to circulate blood around the body.

### WHAT IS HYPERTENSION ?

Hypertension also known as high blood pressure is defined as systolic blood pressure consistently above 140 mmHg and/or diastolic blood pressure consistently above 90 mmHg. It is the number one risk factor for heart disease, strokes, kidney complications and premature death.

Usually, high blood pressure alone does not cause any symptoms. However, symptoms like headaches, blurred vision, chest pain and palpitations may point to high blood pressure and warrant medical attention. This year the slogan for World Hypertension Celebration is, **"Measure your blood pressure accurately and control it, for a longer life."**

- The importance of regular blood pressure monitoring for early diagnosis and treatment cannot be over emphasized since hypertension is a silent killer, often leading to irreversible organ damage.
- Lifestyle changes such as eating a healthy low-salt diet, losing weight, being physical active and cutting down on alcohol intake and smoking can help lower blood pressures significantly.
- Strict compliance to anti-hypertensive medications and regular physician reviews can ensure well controlled blood pressures in patients with Hypertension.

### DID YOU KNOW ?

Worldwide it is estimated that about 1.28 billion adults aged between 30 to 79 years have Hypertension. (1)



**Hypertension can be controlled and managed by measuring accurately, taking prescribed medicines, and following a precise exercise regime.**

### REFERENCES

1. Hypertension. (2023, March 16). Hypertension. <https://www.who.int/news-room/fact-sheets/detail/hypertension>
2. World Life Rankings. <https://www.worldlifeexpectancy.com/zimbabwe-hypertension>