HYPERTENSION
THE LEADING CAUSE OF PREVENTABLE DEATH WORLDWIDE

PREVENTION IS KEY!
- Eat healthily and reduce salt consumption
- Eat more fruit and vegetables
- Limit alcohol intake
- Don’t smoke
- Be physically active
- Maintain a healthy body weight

Hypertension, or high blood pressure, may be symptomless but it kills 9.4 million people worldwide every year.

If untreated, hypertension can cause death or serious health consequences in a number of ways:

- Heart attack
- Stroke
- Dementia
- Kidney failure
- Vision loss

2/3 of those with hypertension are in developing countries.

KNOW YOUR NUMBERS!

Only 50% of those with hypertension are aware they have it

- Check your blood pressure regularly – whether at home, at a clinic, a pharmacy or elsewhere
- If you are being treated for hypertension, take your medicine even when you feel good - follow treatment advice of healthcare professionals