


DID YOU KNOW ?

- Hypertension is a cardio-vascular disease which involves high blood pressure in the arteries
 - Generally, high blood pressure is symptom-free however some people may complain of headaches, buzzing in the ears, dizziness, or nosebleeds
 - Measuring your blood pressure is the only way to detect hypertension
 - Blood pressure measurements are recommended on a yearly basis from the age of 40
 - If one of your parents has been treated for hypertension before the age of 50, a blood pressure check is advisable from the age of 20
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How to avoid or reduce high blood pressure?

- Cut down on or stop smoking
- Eat a balanced diet, not too salty or greasy but with plenty of fruit and vegetables
- Maintain a healthy weight
- Maintain a regular physical activity

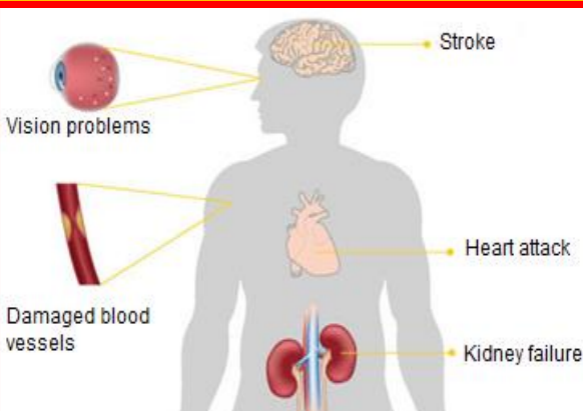
Take your blood pressure to heart!

Risk factors



High blood pressure campaign
2015 organized by the
medical service nurses

Complications



**Take your blood
pressure to heart!**