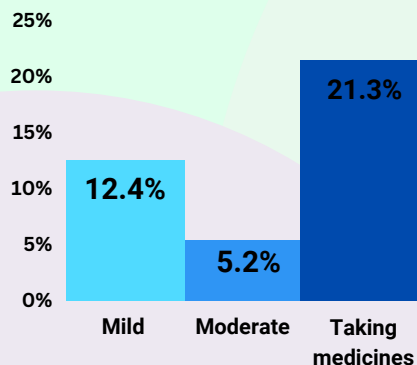
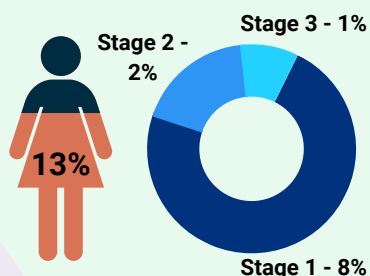


DATA ON HYPERTENSION

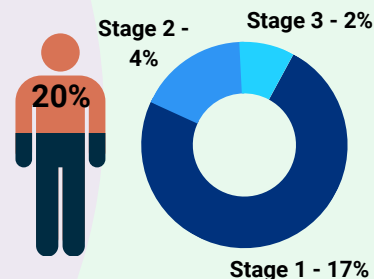
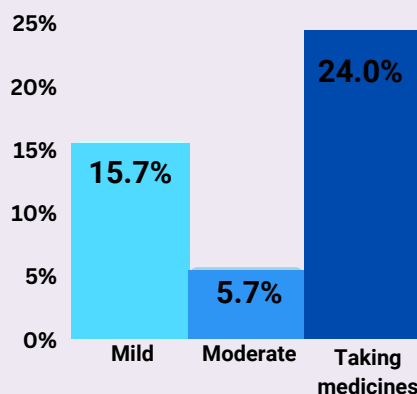
INDIA



TAMIL NADU



Hypertension in Women/ Age 15 - 49



Hypertension in Men/ Age 15 - 49

BEWARE OF HYPERTENSION 'the silent killer'

Blood is carried all over the body in blood vessels. When the heart beats, blood is pumped into the blood vessels. The pressure or the amount of force exerted by the blood against the inner walls of blood vessels is termed **blood pressure**.



When this pressure is too high, it is considered to be high blood pressure, or **hypertension**. Likewise, when the pressure is too low, it is low blood pressure or **hypotension**.

Comparatively, hypertension is associated with higher risks and can cause heart attack, stroke, kidney failure, etc. Though very common, hypertension causes very few symptoms.

What is High Blood Pressure?

High blood pressure indicates that the blood is flowing through your body

VERY FORCEFULLY

Your heart and arteries are strained as a result of this pressure. The increasing pressure over time could damage the arteries to the brain and raise your risk for stroke. Your heart can also be impacted, raising your chance of a heart attack.

REGULAR CHECK-UPS
are the one way to know
if someone is
hypertensive or not.



Hypertension Care and Control in India

India has set a target of a 25% relative decrease in hypertension prevalence by 2025, a '25 by-25' goal. To accomplish this, the Government of India developed the Indian Hypertension Control Initiative (IHCI) to expedite access to treatment services for approximately 220 million hypertensive adults in India. Only approximately 12% of hypertensive persons in India have their blood pressure under control, i.e. 2 crores in 20 crore hypertensive adults.

World Hypertension Day which is observed on 17 May, emphasises the significance of blood pressure monitoring and raises awareness worldwide.

- Sources: : World Health Organisation, World Hypertension League. MedIndia
- National Family Health Survey (NFHS - 5)

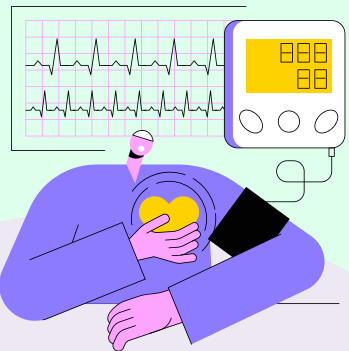


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Let's understand blood pressure readings



Blood pressure reading has two numbers and is measured in millimetres of mercury (mmHg). Eg: 120/80mmHg. The device used is called a sphygmomanometer.

For instance, if your blood pressure is "120 over 80", or 120/80mmHg, it means you have a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg.

Systolic blood pressure (the first number) – the pressure exerted by the blood on the arterial walls when the heart pushes the blood out i.e. when the heart beats.

Diastolic blood pressure (the second number) – the pressure exerted by the blood on the arterial walls when the heart rests between beats.

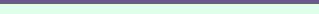
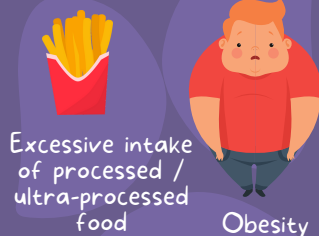
As a general guide

Ideal blood pressure is usually considered to be between 90/60mmHg and 120/80mmHg, while the target for the over-80 age group is below 150/90mmHg (or 145/85mmHg, while resting)

High blood pressure is considered to be 140/90mmHg or higher (or an average of 135/85mmHg, while resting) – or 150/90mmHg or higher (or an average of 145/85mmHg, while resting) if you're over the age of 80

Blood pressure readings from 121/81mmHg to 139/89mmHg **could mean you're at risk of developing high blood pressure if you do not take steps to keep your blood pressure under control.**

What are my risk factors?



Different blood pressure readings

	Normal	Pre - hypertensive	Hypertensive		
			Mild	Moderate	Severe
SYSTOLIC	< 120	121 - 129	130 - 160	160 - 200	Above 200
DIASTOLIC	< 80	< 80	90-100	100 - 120	Above 120

Do's and Don'ts



Go for regular medical checks

Take your medication



NEVER SKIP IT

AVOID PROCESSED FOODS. THEY ARE HIGH IN TRANSFATS



Eat a balanced diet



Maintain your sleep cycle

DON'T SPEND TOO LONG SITTING DOWN.

Be physically active



Exercise regularly

DON'T SMOKE. OR OVERCONSUME ALCOHOL

REDUCE YOUR SALT INTAKE

Eat lots of fresh fruits and vegetables



What are the symptoms of

HIGH BLOOD PRESSURE

Nose bleeds

Chest pain

Abnormal heart rhythm

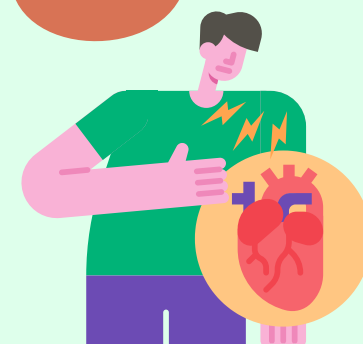
Nausea & Vomiting

Blurred vision or other vision changes

Severe headache

Dizziness & Breathlessness

Anxiety & Confusion



SEEK IMMEDIATE MEDICAL ATTENTION FOR ANY OF THESE SYMPTOMS