



AWARENESS

BAD BLOOD PRESSURE BULLETIN

One of the frustrating realities of high blood pressure is that, despite the stress it puts on the body, it often has no warning signs.

Branded a “silent killer”, high blood pressure (also called hypertension) directly affects more than 1.2 billion adults around the globe; yet, nearly half don’t know they have it, according to the World Health Organisation (WHO).

So how do you detect and, if necessary, bring it under control?

Know the numbers

Blood pressure is defined as the force of blood pushing against the artery walls as the heart pumps. Health professionals can quickly and painlessly measure it, plus individuals can self-monitor it at home using a trusted device (ideally in consultation with a doctor).

The dangers of unmanaged high blood pressure

Left uncontrolled, high blood pressure can damage vital organs, such as the heart, kidneys, and brain. According to the WHO, it is a leading cause of early death worldwide. To prevent or manage the condition, it offers these insights...

Prevention

Preventing high blood pressure involves adopting healthy lifestyle habits, such as:

- minimising salt intake
- consuming adequate fruit and vegetables
- keeping active
- avoiding tobacco use.

The American Heart Association defines blood pressure ranges as follows. (These ranges vary slightly from organisation to organisation, and not all doctors use the same guidelines.)

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number) and	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	Less than 120	and	Less than 80
ELEVATED	120 – 129	and	Less than 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (seek medical care immediately)	Higher than 180	and/or	Higher than 120