COMBATING HYPERTENSION

THE LEADING CAUSE OF PREVENTABLE DEATH WORLDWIDE



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

DEMENTIA

KIDNEY FAILURE

VISION LOSS

PREVENTION IS KEY!



Eat healthily and reduce salt consumption



Eat more fruit and vegetables



Limit alcohol intake



Don't smoke



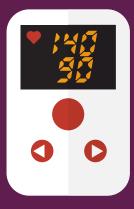
Be physically active



Maintain a healthy body weight

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

For more information: http://ish-world.com/news/a/WHL-and-ISH-Hypertension-Fact-Sheet/