



What Is Blood Pressure?

- The pressure that blood exerts on the wall of blood vessels when the heart pumps.
- Blood pressure is measured by mmHg
- Normal blood pressure should be **<140/90mmHg**
- Normal blood pressure is not constant
 - It is lower while sleeping
 - And higher when nervous or smoking

Hypertension is the major-cause of the top two killer (Heart disease and Stroke)

What is Hypertension?

- Hypertension is a chronic disease, when blood pressure is persistently higher than the normal level even during rest
- i.e. **higher than 140/90**

Risk Factors

- Smoking
- Excessive alcohol drinking
- Lack of exercise
- Obesity
- Stress
- Family members with hypertension

Causes

- 90% of essential Hypertension has no obvious cause
- 10% Secondary Hypertension has an underlying causes, such as kidney, heart and endocrine diseases
- High blood lipid (i.e high cholesterol)
- Side effect of some drugs, such as steroid

Common Symptoms

- **Majority have no symptoms**
- A local study found 1/3 of men with hypertension were not on medication
- **When you have a very high blood pressure:**
 - Headache
 - Dizziness
 - Shortness of breath
 - Tiredness
 - Blurring of vision

Complications

- Coronary heart disease
- Heart failure
- Stroke
- Kidney failure

Treatment

- Drug treatment is very effective but depends very much on patients' cooperation
 - Take the medication regularly
- Regular follow up

Prevention

LOW SALT

Low salt diet



Quit smoking



Go for periodic health checks for early detection

Eat >3 portions of fruits and vegetables per day



Avoid overstress



Do regular exercise (30 mins/day)

