

High Blood Pressure

17 May World Hypertension Day

Many people have high blood pressure and don't know it!



What is hypertension?

Blood pressure is the measure of the force of blood pushing against blood vessel walls.

The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body.

High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and contributes to the development of heart failure.

What Causes High Blood Pressure?

You are at risk if you fall in the categories below – **please have your blood pressure checked**

- Smoking
- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Older age (50% of people above 60 will develop hypertension)
- Family history of high blood pressure
- Chronic kidney disease

