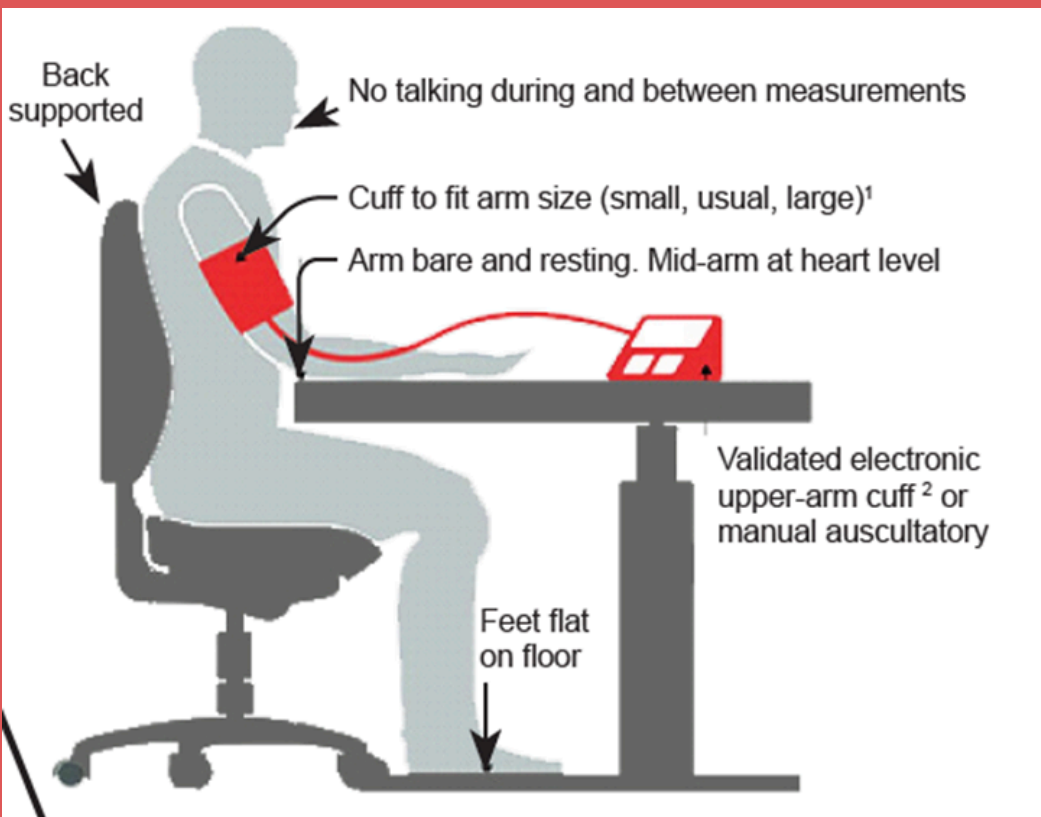


Defining what is high blood pressure



WHAT YOU DO

01

Have empty bladder

02

No smoking



03



Relax 3-5 minutes

04

No watching TV/
using phone



WHAT WE DO

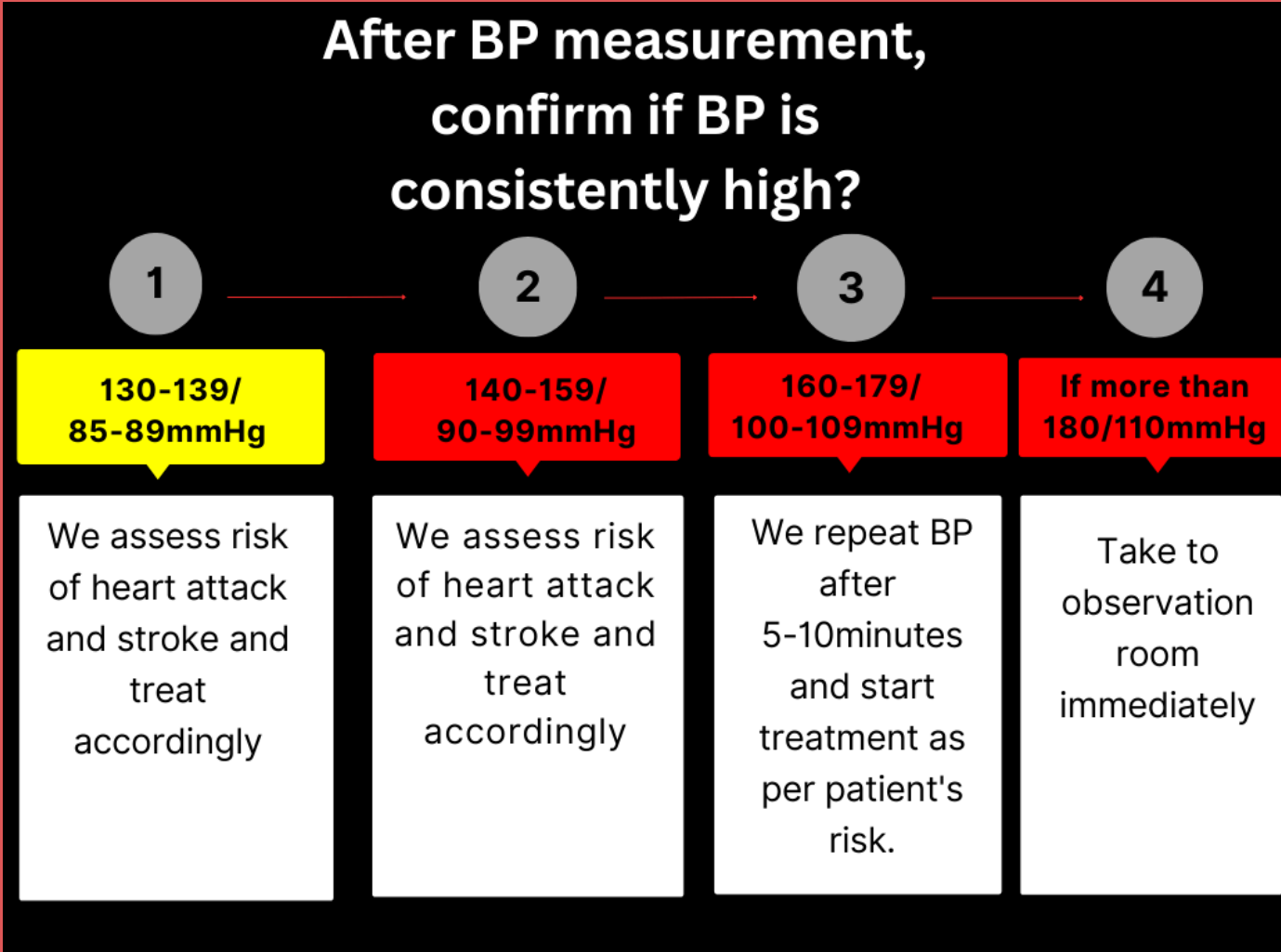


05

We take BP in a quiet room at comfortable room temperature

We shall take three measurements (1-2min apart) and use the average of the last two.

NORMAL BLOOD PRESSURE	HIGH NORMAL	HIGH BLOOD PRESSURE
UPTO 129/84mmHg	130-139/ 85-90mmHg	EQUAL OR ABOVE 140/90mmHg



Lifestyle changes; less salt, weight reduction, physical activity, stop smoking and limit alcohol.

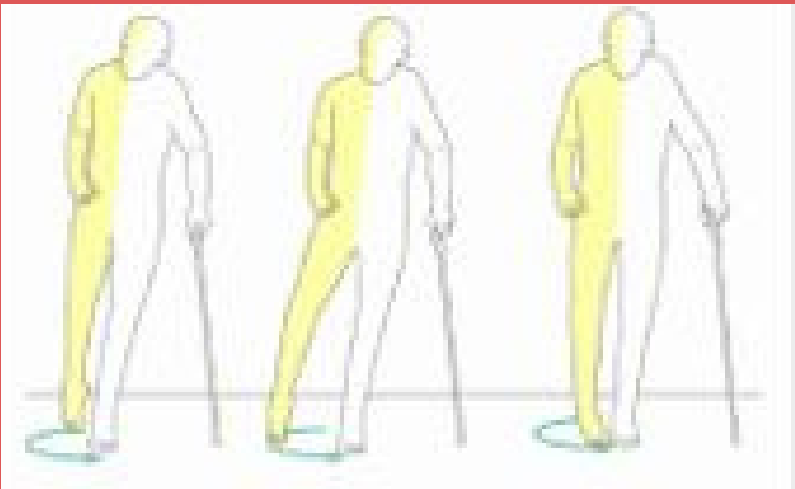
High Blood Pressure is a silent killer; one might not exhibit symptoms until it's too late. Untreated/Uncontrolled BP affects many body parts over time



Heart attack



Kidney failure requiring dialysis



Stroke patient